



May-August 2011 Leisure Ledger

A guide to Raleigh Parks and Recreation Department's
programs, special events, and facilities



Mark Your Calendar for
March 29, 2011

Three Easy Ways to Register

RALEIGH PARKS AND RECREATION

919-831-6640 | parks.raleighnc.gov

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The purpose of
Raleigh Parks
and Recreation
Department is to
actively encourage,
provide, promote
and protect quality
leisure, recreation and
cultural opportunities,
facilities and
environments that
are essential for the
enhancement of the
lives of our citizens.

May-August 2011

A guide to Raleigh Parks and Recreation Department's programs, special events, and facilities



Raleigh City Council*

Mayor: Charles C. Meeker
Mary-Ann Baldwin
Thomas G. Crowder
Bonner Gaylord
Nancy McFarlane
John Odom
Russ Stephenson
Eugene Weeks

Parks, Recreation and Greenway Advisory Board Members*

Chair: Jimmy Thiem
Vice Chair: Mark Turner
Kevin Brice
Doris Burke
Jay Chaudhuri
Rodger Koopman
Kelvin Leeks
Rebecca Oxholm
Jan Pender
Elaine Perkinson
Scott Reston
Shoshanna Serxner
Kimberly Siran
Michael Surasky
Johnny Tillett

*at time of printing

Parks, Recreation and Greenway Advisory Board Meetings are held on the 3rd Thursday at 5:30pm of each month at the Jaycee Park module. The public is invited to attend.

Executive Staff

Director: Diane Sauer
Recreation Superintendent for Operations:
Scott Payne

Recreation Superintendent for Services:
Ken Hisler

Parks Superintendent:
Wayne Schindler

Building Maintenance Superintendent:
Billy Jackson

Design/Development Administrator:
Dick Bailey

Program Development and Marketing Administrator:
Kellee Beach

Arts Commission:
June Guralnick

parks.raleighnc.gov

City of Raleigh Parks and Recreation
P.O. Box 590 • Raleigh, NC 27602



The **Leisure Ledger** will continue to highlight Raleigh Parks and Recreation participants through photos and features—so keep an eye out for neighbors, friends, or even your family!

3 Easy Ways to Register

Mail-in

Walk-in

On-line with **RecLink**

In order to find classes and programs faster and easier, simply search the Leisure Ledger by Activity Categories. For a listing of all classes and programs held at a particular facility, pick up a community center brochure or search **online with RecLink** — the Raleigh Parks and Recreation online registration system.

Please note: All classes, programs, and hours of operation are correct at the time of printing, but may be subject to change.

Directory

Frequently Called Numbers	Adopt-A-Park	996-3292	996-7618(fax)
	Mount Hope Cemetery	831-6548	872-4137(fax)
	Corporate Leisure Services	996-4818	996-7618(fax)
	General Park Maintenance	996-4115	872-4137(fax)
	Park Maintenance: Facilities, Irrigation, Lighting	996-3420	890-3057(fax)
Division	General Recreation	831-6640	831-6470(fax)
	Greenways	996-4786	807-7663(fax)
	RecLink Support	807-8460	831-6470(fax)
	Administration	996-3285	996-7618(fax)
	Arts Commission	996-3610	
Programs	Design/Development	996-4774	801-7663(fax)
	Maintenance/Parks	996-4115	872-4137(fax)
	Marketing	996-3285	996-7618(fax)
	Recreation	831-6640	831-6470(fax)
	Urban Forestry	996-4115	872-4137(fax)
	Adventure Program	831-6855	
	Aquatics and Swimming Pools	2401 Wade Avenue	831-6852
	Arts Program	2401 Wade Avenue	831-6854
	Athletics Program	2401 Wade Avenue	831-6836
	Athletics Leisure Line Update	2401 Wade Avenue	831-6575 (24 hr. recording)
	Community Centers Program	2401 Wade Avenue	831-6685 / 831-6677
	English as a Second Language Program	2401 Wade Avenue	831-6844
	Lakes and Amusements	2401 Wade Avenue	807-8377
	Nature Programs	2401 Wade Avenue	831-6856
	Senior Adult Program	2401 Wade Avenue	807-8525 / 831-6851
	Specialized Recreation Services	2401 Wade Avenue	831-6835
	Adults	2401 Wade Avenue	807-5401
	Aquatics	2401 Wade Avenue	807-5400
	Hearing Impaired	2401 Wade Avenue	807-5404
	Visually Impaired	2401 Wade Avenue	807-5403
	Youth	2401 Wade Avenue	807-5402
	Special Olympics Wake County	2401 Wade Avenue	807-8378
	Special Programs	2401 Wade Avenue	831-6165
	After School Program	2401 Wade Avenue	
	Computer Labs	2401 Wade Avenue	
	Summer Camps	2401 Wade Avenue	
	Tennis Program – Millbrook Exchange Tennis Center	1905B Spring Forest Rd	872-4129
	Teen Program	2401 Wade Avenue	831-6688
	Volunteer Programs	222 W. Hargett Street	996-3292
	Arts Centers		
	Pullen Arts Center	105 Pullen Road, 27607	996-6126
	Sertoma Arts Center	1400 W. Millbrook Road, 27612	420-2329

Facilities	Lakes		
	Lake Benson	Buffaloe Road, Garner, 27529	662-5703
	Lake Johnson	4601 Avent Ferry Road, 27606	233-2121
	Lake Wheeler	6404 Lake Wheeler Road, 27603	662-5704
	Shelley Lake	1400 W. Millbrook Road, 27612	420-2331
	Nature Parks		
	Annie Louise Wilkerson, MD Nature Preserve Park	11408 Raven Ridge Road, 27614	
	Brookhaven Nature Park	5125 Berkeley Street, 27612	831-6856
	Durant Nature Park	8305 Camp Durant Road, 27614	870-2871
	Walnut Creek Wetland Center	950 Peterson Street, 27610	831-1960
	Picnic Shelters		
	Anderson Point	20 Anderson Point Drive, 27610	329-5994
	Baileywick c/o Lake Lynn	9501 Baileywick Road, 27615	870-2911
	Biltmore Hills	2615 Fitzgerald Drive, 27610	831-6895
	Brentwood c/o Green Road	3315 Vinson Court, 27604	872-4140
	Brier Creek	10810 Globe Road, 27617	420-2340
	Carolina Pines	2305 Lake Wheeler Road, 27603	831-6435
	Cedar Hills c/o Optimist	5600 Sweatbriar Street, 27609	870-2880
	Chavis	505 MLK Jr. Boulevard, 27601	831-6989
	Durant Nature Park	8305 Camp Durant Road, 27614	870-2871
	Eastgate c/o Millbrook	4200 Quail Hollow Drive, 27609	872-4156
	Fallon c/o Optimist	2601 Oxford Road 27608	870-2880
	Fletcher c/o Jaycee	820 Clay Street, 27605	831-6833
	Glen Eden Pilot c/o Jaycee	1500 Glen Eden Drive, 27612	831-6833
	Green Road	4201 Green Road, 27604	872-4140
	Honeycutt Park c/o Millbrook Exchange	1032 Clear Creek Farm Road, 27615	872-4156
	Jaycee	2405 Wade Avenue, 27607	831-6833
	Kingwood Forest c/o Biltmore	2610 Evers Drive, 27610	831-6895
	Kiwanis c/o Optimist	2525 Noble Road, 27608	870-2880
	Lake Johnson	4601 Avent Ferry Road, 27606	233-2121
	Lake Wheeler	6404 Lake Wheeler Road, 27603	662-5704
	Laurel Hills	3808 Edwards Mill Road, 27612	420-2383
	Marsh Creek	3050 New Hope Road, 27604	996-4920
	Event Information Line	996-4921	
	Method	516 Method Road, 27607	831-6066
	Millbrook	1905 Spring Forest Road, 27615	872-4156
	Lions	516 Dennis Avenue, 27604	831-6995
	North Hills c/o Optimist	100 Chowan Circle, 27609	870-2880
	Oakwood c/o Lions	910 Brookside Drive, 27604	831-6995
	Peach Road	911 Ileagnes Road, 27603	807-8545
	Powell Drive c/o Method	740 Powell Drive, 27606	831-6066

Directory

Facilities

Pullen Amusements	520 Ashe Avenue, 27606	831-6468
Ralph Campbell	756 Lunar Drive, 27610	250-2757
Roberts	1300 E. Martin Street, 27610	831-6830
Southgate c/o Lions	1801 Proctor Street, 27610	831-6995
Spring Forest Road c/o Green Road	4203 Spring Forest Road 27616	872-4140
Tarboro Road	121 N. Tarboro Street, 27610	831-6505
Williams Park c/o Sertoma Park	6601 Leadmine Road, 27612	420-2329
Worthdale	1001 Cooper Road, 27610	250-2730
Special Athletic Facilities		
Buffaloe Road Athletic Park	5812 Buffaloe Road, 27616	831-6836
Cedar Hills Park Disc Golf Course	5600 Sweetbriar Street, 27609	870-2880
Kentwood Park Disc Golf Course	4531 Kaplan Drive, 27606	831-6435
Lions Park BMX Track	516 Dennis Avenue, 27604	831-6995
Marsh Creek Park Inline Hockey Rink	3016 New Hope Road	831-6836
Millbrook Exchange Tennis Center	1905 B Spring Forest Road, 27615	872-4129
Walnut Creek Softball Complex	1201 Sunnybrook Road, 27610	250-2725
Walnut Creek Wetland Center	950 Peterson Street, 27610	831-1960
Special Facilities		
All Children's Playground c/o Laurel Hills Park	3808 Edwards Mill Road, 27612	420-2383
Anderson Point Park	20 Anderson Point Drive, 27610	329-5994
Baileywick Road Park	9501 Baileywick Road, 27615	870-2911
Borden Building at Fletcher Park	820 Clay Street, 27605	831-6430
Buffaloe Road Athletic Park	5812 Buffaloe Road 27616	831-6836
Method Pioneer Building	516 Method Road, 27607	831-6066
Millbrook Exchange Off-Leash Dog Park	1905 Spring Forest Road, 27615	872-4156
Mordecai Historic Park	1 Mimosa Street, 27604	857-4364
North Hills Park	100 Chowan Circle, 27609	870-2880
Oakwood Park	910 Brookside Drive, 27604	831-6995
Pullen Amusements	520 Ashe Avenue, 27606	831-6468
Raleigh Little Theatre/Rose Garden	301 Pogue Street, 27607	821-4579
Saint Monica Teen Center	15 North Tarboro Street, 27610	996-4770
Spring Forest Road Park	4203 Spring Forest Road, 27616	872-4140
Theatre in the Park	107 Pullen Road, 27607	831-6936
Tucker House	418 N. Person Street, 27601	831-6009
Williams Park	1525 Lynn Road, 27612	420-2329

Facilities

Staffed Community Centers

Barwell Road	3935 Barwell Road, 27610	329-5994
Biltmore Hills	2615 Fitzgerald Drive, 27610	831-6895
Brier Creek	10810 Globe Road, 27617	420-2340
Carolina Pines	2305 Lake Wheeler Road, 27603	831-6435
Chavis	505 MLK Jr. Boulevard, 27601	831-6989
Green Road	4201 Green Road, 27604	872-4140
Greystone Recreation Center	7713-55 Lead Mine Road, 27615	996-4848
Halifax	1015 Halifax Street, 27604	831-6378
Jaycee	2405 Wade Avenue, 27607	831-6833
Lake Lynn	7921 Ray Road, 27613	870-2911
Laurel Hills	3808 Edwards Mill Road, 27612	420-2383
Lions	516 Dennis Avenue, 27604	831-6995
Marsh Creek	3050 New Hope Road, 27604	996-4920
Event Information Line		996-4921
Method	514 Method Road, 27607	831-6066
Millbrook Exchange	1905 Spring Forest Road, 27615	872-4156
Optimist	5900 Whittier Drive, 27609	870-2880
Peach Road	911 Ileagnes Road, 27603	807-8545
Pullen	408 Ashe Avenue, 27606	831-6052
John P. "Top" Greene Center	401 MLK Jr. Boulevard, 27601	831-6527
Ralph Campbell	756 Lunar Drive, 27610	250-2757
Roberts	1300 E. Martin Street, 27610	831-6830
Sanderford Road	2623 Sanderford Road, 27610	831-1898
Sgt. Courtney T. Johnson	1801 Proctor Road, 27610	831-6719
Tarboro Road	121 N. Tarboro Street, 27610	831-6505
Walnut Terrace	111 W. Lee Street, 27601	831-6155
Worthdale	1001 Cooper Road, 27610	250-2730

Unstaffed Neighborhood Centers

Brentwood c/o Green Road	3315 Vinson Court, 27604	872-4140
Eastgate c/o Millbrook	4200 Quail Hollow Drive, 27609	872-4156
Garris Building c/o Jaycee	820 Clay Street, 27605	831-6833
Glen Eden Pilot c/o Jaycee	1500 Glen Eden Drive, 27612	831-6833
Kiwanis c/o Optimist	2525 Noble Road, 27608	870-2880
Powell Drive c/o Method	740 Powell Drive, 27606	831-6066

Swimming Pools – Summer

Biltmore Pool	701 Crown Crossing Lane, 27610	831-6736
Chavis Pool	720 Chavis Way, 27601	831-6565
Lake Johnson Pool	1416 Athens Drive, 27606	233-2111
Longview Pool	321 Bertie Drive, 27610	831-6343
Ridge Road Pool	1709 Ridge Road, 27607	420-2322

Swimming Pools – Year Round

Millbrook Exchange Pool	1905 Spring Forest Road, 27615	872-4130
Optimist Pool	5902 Whittier Drive, 27609	870-2882
Pullen Aquatic Center	410 Ashe Avenue, 27606	831-6197

Unique Facilities

Raleigh Parks and Recreation Department offers unique parks and facilities that allow you to engage in a specialized hobby or just enjoy the serenity of a natural setting. Many facilities including historic homes, lakefront conference rooms, and community centers are also available for rent. See individual listings or call the facility for details on pricing and availability. We invite you to discover Raleigh Parks and Recreation Department!

Amusements

Pullen Park Amusements

520 Ashe Avenue Raleigh, NC 27606
Park Manager: Marvin Howell
Email: Marvin.Howell@raleighnc.gov

Pullen Park Amusements will be closed through late Fall of 2011 for renovations. We appreciate your continued patience while work is being completed and look forward to seeing you at our Grand Re-opening in late Fall of 2011. For project detail, visit Parks.raleighnc.gov and click "Park and Greenway Planning."

Chavis Park Carousel

505 Martin Luther King Jr. Boulevard Raleigh, NC 27601
Carousel Supervisor: Marvin Howell
Email: Marvin.Howell@raleighnc.gov

Chavis Park has been home to the No. 2, Special Three Abreast, Allan Herschell Carousel since 1937. The Allan Herschell Carousel with its 36 wooden horses remains a historical treasure enjoyed by children of all ages. We hope your visit will create new memories or bring back fond ones.

2011 operational season runs from April 30-September 25.

Seasonal Hours of Operation

April 30 – May, August, September

Monday-Saturday 10am-5pm

Sunday 1-5pm

June and July

Monday-Saturday 10am-6pm

Sunday 1-6pm

Arts Centers

Location: Pullen Arts Center

105 Pullen Road Raleigh, NC
Eliza Kiser (919)996-6126

Pullen Arts Center offers specialty studio programs in jewelry-making, printmaking, clay, weaving, and glass arts, in addition to classes in painting and drawing. The extensive studios and equipment and the well-trained core of instructors make these studios some of the most desired in the area.



Sertoma Arts Center

1400 W. Millbrook Road Raleigh, NC 27612
(919)420-2329

Director: Jill Brown (919)420-2329

Along with classes in painting, drawing, fiber arts, kids art classes and pottery, Sertoma Arts Center offers a well-equipped black and white darkroom studio, making it possible for adults to experience the art of photography. Programs in music, dance, and fitness allow participants to improve their health and vitality while engaged in the arts.

Athletic and Sport Facilities

BMX Track

Bicycle Motorcross Track

Capital City BMX would like to invite you to visit the track at Lions Park off Capital Boulevard in Raleigh. BMX racing is exciting fun for the entire family! We have riders from 2-65 years old and it's always free for spectators. Racing season is from February to mid-December. To be eligible to race you must first become an American Bicycle Association (ABA) member. The fee is \$45 a year and trial memberships are also available for only \$1. Membership applications can be obtained at the track during practice nights, Sunday races, or on the website. Practices are Thursday afternoons/evenings and Sundays prior

to the race. Races are every Sunday with registration and practice from 1:00-2:30pm or later in the day depending on the time of year. Racing starts soon after registration ends and the fee for racing is \$10. Contact our hotline at 919-834-4BMX(4269) or visit our website at www.ccbmx.com to see videos and and more. See you at the races!

CCBMX offers new rider clinics to help riders of all skill levels learn the basics of BMX. These clinics will cover the basics of BMX racing including, gate starts, passing, pumping, bike maintenance and many other topics. New members can take their first clinic for free. The regular cost for the clinic is \$5. Clinics are scheduled for the last Saturday of each month 9:30am check-in and 10am-12noon clinic session, weather permitting. The track must be dry. Please call the hotline or check the website for up-to-date information: 919-834-4269 (BMX hotline) extension 0 for live feedback www.ccbmx.com

Marsh Creek Skate Park and Inline Hockey Rink

3016 New Hope Road in Raleigh
Built in 2009, the skate park is made of concrete and offers street, flow, and bowl elements. Marsh Creek Skate Park is free to the public. Skaters are required to wear a helmet, elbow pads, and knee pads while skating in the park. All skaters are required to sign a waiver prior to skating in the park. If the skater is under the age of 18, the waiver must be signed by a parent or guardian.

The inline hockey rink is 185'x85' and is coated with the Plexiflor InLine Skating Surfacing System. The rink is enclosed with the Border Patrol panels. Two goals are provided at all time for play. Raleigh Parks and Recreation offers league play for youth inline hockey. Contact Athletics at 831-6936 or athletics@raleighnc.gov for more information.

Unique Facilities

Millbrook Exchange Tennis Center

1905B Spring Forest Rd

Tennis Director: David Bell 872-4129

Building Hours

M-F 9:00am-9:30pm
Sa,Su 9:00am-6:00pm

Court lights are on everyday until 10:30pm.

The Millbrook Exchange Tennis Center serves as the flagship facility for the City of Raleigh Park and Recreation Tennis Program. This fully functional tennis facility includes 23 lighted courts, four backboards, a conference and meeting center, observation deck and pro shop. The pro shop sells balls and accessories and has a stringing service which guarantees a 24-hour turn around time. In addition, there is an active drop in doubles challenge court and a ball machine for rent. Monday and Thursday mornings are "senior" play days for senior adults age 55 and throughout the year. Play begins at 9am. This is a drop in mixer with all levels of play. Players can simply show up to play without pre-registering.



Historic Homes

Mordecai Historic Park

1 Mimosa Street
Raleigh NC, 27604
(919) 857-4364

www.raleighnc.gov/mordecai

Site Manager – Troy Burton
Email: Troy.Burton@ci.raleigh.nc.us
Assistant Site Manager – Erin Campo
Email: Erin.Campo@raleighnc.gov

Mordecai Historic Park

The Mordecai House at Mordecai Historic Park is the oldest home in Raleigh on its original location and houses a fine collection of early southern decorative arts. Historically, the Mordecai House was the seat of one of the largest plantations in Wake County encompassing more than 5,000 acres. The park also features historic structures moved to Mordecai for preservation, including the Birthplace of Andrew Johnson and St. Mark's Chapel. The Chapel and grounds are a popular spot for wedding rentals. Tours of the Mordecai Mansion and other historic buildings are offered Tuesday through Sunday, the cost is \$5 for adults, \$3 for youth (7-17), \$3 for seniors (65+), and children 6 and under are free. In addition, Mordecai conducts family friendly events throughout the year. For tour times and other information call 857-4364.

The Tucker House

The Tucker House was built in 1914 for Garland S. Tucker, owner of G.S. Tucker Furniture Company. The home was donated to the City of Raleigh by the Tucker Family in 1975. At that time, the home was located one block west, at 420 N. Blount Street. It was moved to its present site by the City and renovated as a Community Meeting House. Many house furnishings have been donated by families of deceased members of the Oakwood Community. Today the downstairs portion of the Tucker House is available for weddings, receptions, meetings, small conferences and other approved functions. For more information call 831-6009 and leave a message for the facility caretaker.

The Borden Building

The Borden Building is one of the two remaining buildings on the former campus of the Methodist Home for Children. Built in 1900, it was the home of the Superintendent of the Orphanage and later served as home to hundreds of children. Purchased by the City of Raleigh in 1982, the house and its companion, Fred Fletcher Park provides a wealth of history and tranquility in an urban setting. The Borden Building was extremely renovated in 1992 and is presently available for weddings, receptions, meetings, small conferences, and other approved functions.

For more information contact
Janet Plummer at 831-6430 or
Carmen Rayfield at 807-8525.

Lakes Facilities

Lake Johnson Park

4601 Avent Ferry Road
Raleigh NC, 27606
(919) 233-2121

Park Manager – Mark Elmore
Email: Mark.Elmore@raleighnc.gov
Year-round (October-March closed Mondays)

Lake Wheeler Park

6404 Lake Wheeler Road
Raleigh NC, 27603
(919) 662-5704

Park Manager – Chris Murray
Email: Chris.Murray@raleighnc.gov
Assistant Park Manager – Ben Coats
Email: Ben.Coats@raleighnc.gov
Year-round (October-March closed Mondays)

Shelley Lake

1400 W. Millbrook Road
Raleigh NC, 27612
(919) 420-2331
(919) 233-2121 for immediate assistance

Park Manager – Richard Costello
Email: Richard.Costello@ci.raleigh.nc.us
Closed

Lake Benson Park

1807 Buffalo Road • Garner NC, 27529
(919) 919-662-5703
Seasonal (March-October)

Boat Rentals

A variety of motorized and non-motorized boats are available for rent at each of the Raleigh Lakes (weather and temperature conditions permitting) (see below). At least one person in the boat must be 16 or older. Availability of boat types varies at each lake facility. Please contact each facility for additional information.

Jon Boats	Pedal Boats
\$4/hour w/o motor	\$6 per 1/2 hour
\$20/all day w/o motor	\$8/hour
\$10/hour w/motor	

Canoes/Kayaks	Sunfish Sailboats \$10/hr
\$5/hour	\$10/hour (\$20 deposit - 1 person must be at least 18)

For Boat Rentals Please Note: Individuals desiring to rent a jon boat may bring their own electric motor (gas motors are prohibited at Lake Johnson, Shelley Lake, and Lake Benson). Lake Wheeler allows gas motors up to 10hp on jon boat rentals. Individuals desiring to rent a Sunfish Sailboat must first demonstrate proof of experience. Inexperienced users will not be permitted to rent a sailboat.

Boat Rentals continued next page —

Unique Facilities

Boat Rentals continued —

Factors Affecting Boat Rentals:

Inclement Weather. Upon first hearing of thunder or notice of lightning, all rental boats will be required to return to the waterfront center. In addition, rental boats will not be rented during inclement weather. Boat rental operations may again take place 30 minutes after a storm has passed. High winds resulting in small white cap conditions will preclude boat rental operations from taking place. Again, it is a good idea to call ahead to determine current conditions.

Winter rentals (Jon boats and Pedal boats only):

Boat rentals from November through March will be based on the 100 degree rule, which was taken from the Coast Guard method of analyzing hypothermia scenarios. Both the water and air temperatures will be taken on a daily basis. If both temperatures combined add up to 100 degrees or more, then boat rentals will be allowed. If the combined water and air temperatures fall below 100 degrees, then no boat rentals will be conducted. Please call park office for daily conditions.

Private Boat Launchings

Lake Wheeler and Lake Johnson only

* Season boat launch passes can be used at Lake Johnson (non-motorized and non-trailer boats only) and Lake Wheeler.

Lake Johnson

Privately owned boats (non-trailered and non-gas powered) may be launched at Lake Johnson upon payment of a nominal mandatory launch fee (see below). Private boats may be launched anytime between sunrise and sunset, Tuesday-Sunday (October-March), at Lake Johnson unless the park has been closed due to a city-wide special event. Any park/lake closing will be announced in advance. Boats must be off the water 15 minutes prior to sunset. Boats may be launched at the designated area located on the beach. Boats shall not be launched from private property surrounding the lake. Vehicles driving towards the lake should halt at the loading zone sign adjacent to the Waterfront Program Center and proceed to the concession area where the launch passes can be purchased.

Lake Wheeler

Powerboats of most types, along with all non-motorized craft may launch at Lake Wheeler. It should be noted however, that personal watercraft (PWC's)— a formal term used to describe jet-ski type of boats — are not allowed to launch at Lake Wheeler as per City of Raleigh Ordinance. In addition, Lake Wheeler has also enacted (per City Ordinance) limited no-wake hours from sunrise to 11:00am on Tuesdays, Thursdays,

and Saturdays year-round. Boats of all types (with the exception of PWC's) may launch during these no-wake hours however, the operators of these boats must operate their craft in a manner that will not create sizeable wakes. These limited no-wake hours were enacted to afford a variety of very small fishing boats and non-motorized boat users the opportunity of using the lake without fear or concern for dangerous wakes that can interrupt recreational activities.

Private boats may be launched anytime between sunrise and sunset, 7-days a week, year-round, at Lake Wheeler unless the park has been closed due to a city-wide special event. Any park/lake closing will be announced in advance. Boats must be off the water 15 minutes prior to sunset. All boats must launch by the designated launching docks. Boats may not launch from any other area along the lake to include the old Penny Road launch area, nor can boats launch from private property surrounding the lake. The speed limit on Lake Wheeler is 40 mph. Established launch fees are not based on boat type, but a general recreational fee levied upon users for the right to place a boat on Lake Wheeler. Boaters should first halt at the stop sign adjacent to the Waterfront Program Center and then proceed to the concessions area to pay launch fees.

Launch Fees

City of Raleigh Residents

\$4 Daily \$50 Half Season \$100 Season Pass
(July 1-Dec 1) and (Jan 1-Dec 31)

Non-City of Raleigh Residents

\$6 Daily \$75 Half Season \$150 Season Pass
(July 1-Dec 1) and (Jan 1-Dec 31)

Fishing Opportunities

There are many opportunities for fishing at Raleigh Lakes. We ask that you please follow these guidelines.

- Because the lakes are considered secondary water reservoirs, bank fishing (from the shores) of Lake Benson, Johnson, and Wheeler are prohibited by Raleigh City Ordinance.
- Fishing is permitted from Lake Johnson boardwalk, designated fishing piers, dock Simpkins Pond, and Shelley Lake shorelines and docks. Fishing from any boat is allowed at all Lakes. Please check each facility for regulations and/or fees.
- Please deposit all trash in receptacles.

Lake Wheeler

Fees (mandatory for all patrons fishing on foot, over the age of 12)

City of Raleigh Residents \$2.50 Daily

Non-City of Raleigh Residents \$3.00 Daily

Senior over 62/Veteran \$1.25 Daily

Bait sales available at Lake Johnson and Lake Wheeler

Fishing Tackle Loaner Program

Want to have fun like you've never had before? Go fishing! Whether you're 8 or 88 years young, you can borrow a rod and reel from us for FREE; just like checking out a book at the library. When a participant signs up for the program and completes the registration form, the participant will be issued a permanent rod and reel loaner card and may check out a rod and reel for a certain amount of time. The card must be kept in the park office while the participant is borrowing the equipment. If equipment is not returned or returned in poor condition, they will lose their card and benefits.

The program is designed to introduce children and adults to the wholesome outdoor activity of angling. Currently, 27 states take part in the Program. It allows kids and adults to go fishing anytime of the year, regardless of experience or amount of personal equipment. So, come out, soak up the sunshine, take in the fresh air, and get ready for extra excitement when the big one bites! Availability of equipment and supplies is limited. Available at all Raleigh lakes.

For additional information or to gain more experience in the sport of angling, make sure to check out our various fishing classes that are offered.

Lake Facility Rentals

The Conference Rooms and open deck areas at both Lake Johnson and Lake Wheeler offer a beautiful setting to hold a variety of special events including: weddings/ receptions, family reunions, company outings, business meetings, etc. The Conference Rooms, which are 25' x 40', overlook a scenic view of the lakes. The rooms include a warming kitchen that consists of a refrigerator, ice machine, microwave, coffee pot, and countertop space. Reservations should be made in advance. Also, available to rent is our large deck area with a covered verandah. Individuals/organizations desiring to have beer and wine present for their functions should contact the Park Office for additional details and requirements.

Rental Prices:

Conference Room \$75 per hour

Conference Room, and Verandah \$90 per hour

Conference Room, Deck and Verandah \$120 per hour

Refundable security deposit \$75

*Additional fees may apply

Magnolia Cottage at Lake Johnson

The Magnolia Cottage offers a truly unique and innovative dimension to the recreational experience. Nestled deep within the serene woods, the house has a picturesque and peaceful setting ideal for both intimate and professional functions, and a host of recreational activities. Built by a student of

Unique Facilities

Frank Lloyd Wright, the Magnolia Cottage mirrors the mastery in design and the use of light the architect is noted for. These architectural elements are evident in all three of its spacious and inviting rooms, in addition to an enclosed screened porch and private, outdoor deck.

Rental Price

\$275 for a minimum of 4 hours
\$70 each additional hour
\$40 non-refundable staffing fee
\$75 refundable security deposit

*Additional fees may apply

Additional Fees

- Deposit: a \$75 refundable cleaning/ security deposit will be required. Deposit will be returned if Conference Room or Magnolia Cottage is restored in the same condition as found.
- Fee: a \$40 non-refundable staffing fee will be required. This fee covers the cleaning prior to and after your rental as well as the set-up/break-down.
- After-Hours Fee: Rentals lasting beyond normal park closing hours (sunset) will require an additional \$40/hour charge to maintain a part-time park employee on hand. No rentals past 12:00am.

Covered Picnic Shelters

Size of shelters varies at each lake facility. Please contact park office for more information.

Lake Wheeler – minimum two hour rental

- X-Large Picnic Shelters
150-175 patrons \$15/hour
- Large Picnic Shelters
60 patrons \$12/hour
- Medium Picnic Shelters
30 patrons \$9/hour

Lake Johnson –

- Small Picnic Shelters
10-20 patrons \$7/hour
- Medium Picnic Shelters
30-50 patrons \$9/hour

For reservations at Lake Benson Park, please contact Garner Parks and Recreation at (919) 772-4688

Lake Wheeler Volleyball courts can be reserved for a fee. Contact us for more information.

Natural Spaces

Anderson Point

20 Anderson Point Drive
Office: 919-329-5994
Fax: 919-329-5998

Plan your wedding, meetings, team building seminars, family and high school reunions today! Escape everyday living and come out to the countryside. Anderson Point is the perfect place to get away from life in the city and to let your mind dance along the Neuse Corridor. Sit on top of the spiral overlook or in our wooden swings and marvel at the panoramic view of the beautiful rolling hills. The cottage is the main attraction of the park; it's original hardwood floors

and decorative painted trim offers a distinguished charm. You will appreciate the natural environment of our 89 acres of open recreation and leisure areas with three informal sport fields, greenway trails, garden gathering area, our unique children's playground, canoe launch, and two rental shelters large enough to accommodate a social gathering of any size. Let Anderson Point make your next event an experience to remember.

Durant Nature Park

8305 Camp Durant Road
Raleigh, NC 27614

Park Manager – Karen Berry
870-2871 (park office)
email: karen.berry@raleighnc.gov

Park and Facilities

Enjoy the ambience of a natural wooded setting, miles of hiking trails along a stream and through woodland wildflowers and fern gardens. Experience the interpreted bird and butterfly garden or the 12-acre lake with fishing and scheduled canoeing. A picnic shelter, playfield and playground can be found in the park. Durant Nature Park is also open year-round from 8:00am until dusk, 7 days a week. Enjoy the outdoors in this amazing setting with a variety of classes and recreational opportunities for the entire family! Call the park office for more information or to be put on our mailing list.

Campbell Lodge

Seats 200. Perfect for wedding receptions, family reunions or other large events. Includes large warming kitchen, Great Room with 2 stone fireplaces, icemaker, tables and chairs and walk-in cooler. Day and evening use (until midnight). Hourly rate: \$90 plus \$75 damage deposit. \$20/hour additional after 6:00pm.

Training Lodge

Sleeps 38; Seats 50. Smaller group use for overnight or daytime use. Kitchen facilities, 22 bunk spaces with 16 add-on cots; large

multi-purpose room with tables and chairs. Hourly rate: \$40 plus \$75 damage deposit. \$20/hour additional after 6:00pm. Overnight rate: \$160 plus \$75 damage deposit (check-in: 1pm; check-out 10am)

Sassafras Picnic Shelter

Seats 75. Near 12-acre lake, large play field and easy access to trailheads. Rate: \$12/hour with two hour minimum (clean up time included).

Primitive Camping Tent Sites

Organized groups only. No family, individual or long-term camping allowed. Rugged lakeside setting. Rate: \$2/person/night (\$20 minimum)

Walnut Creek Wetland Center

Walnut Creek Wetland Center is one of the City of Raleigh's newest Parks and Recreation facilities. The Center is located just south of downtown adjacent to the urban wetlands along Walnut Creek. The facility's design incorporates numerous green building techniques and products.

A variety of programming is available for groups and individuals ranging in age from preschool to adult. Program topics include wetlands, composting, recycling, birding, and more.

You are invited to come enjoy the center at your leisure, explore our educational displays, wander the greenway trails, or relax in a rocking chair on the expansive deck overlooking the floodplain. There is no cost to visit the center.

Hours of Operation:

T-Sa	10:00am-Dusk
Sunday	1:00-Dusk
M	closed

The Walnut Creek Wetland Center has three rooms available to rent for meetings and small gatherings. The deck may also be rented in combination with a room rental. Call (919) 831-1960 for pricing and information.



Program Descriptions

Adventure Program

Program Manager Seth Yearout

The Adventure Program provides Raleigh and surrounding communities with instructional opportunities in a diverse range of activities including kayaking, canoeing, climbing, mountain biking, whitewater rafting, and many other activities. Experienced staff members are dedicated to providing students with quality instruction while helping participants explore new worlds of potential, competency, and discovery. The Adventure Program provides enjoyable adventure experiences that embrace experiential learning, create an atmosphere where group experiences help to create a sense of team, provide instructional foundations in a range of adventure activities, and focus on safety issues and manage risks in the most proactive manner. Come join us for an adventure this year. For information on any adventure program, call 831-6855 or 807-5414.

After School X-Press

The After School X-Press Program is being offered at all local Community Centers for children K-6th grade. The program strives to make available a high quality program at a low cost. Our goal is to include a variety of programs such as:

Arts and Crafts – Bring out the creativity that is in all children by introducing them to a variety of arts media and crafts projects.

Computer Education – Reinforce skills learned at schools through educational software.

Sports and Fitness – Introduce children to a variety of sports and recreational games.

Homework Assistance – Offered in the program on a limited basis depending on the needs of the child. Emphasis of after school program is on recreational activities.

Nature – Introduce children to the diversity of nature through hands-on recreational activities.

Music – Introduce children to a variety of musical components through games, art projects, and other organized activities.

Cooking and Nutrition – Introduce children to basic cooking skills and healthy eating habits. Please call 831-6165 for more information.

Track Out X-Press

Raleigh Parks and Recreation is proud to present a new program, Track Out X-Press, for grades K-6. The program strives to make available high quality activities at a reasonable cost. This program provides a stimulating and exciting atmosphere through highly organized activities ranging from arts and crafts, sports/games, field trips, educational computer activities, nature programs and much

more. The camp is staffed with caring and experienced counselors.

Additional specialty programs will be offered throughout the year such as swim lessons, sports clinics, special art classes, adventure programs, and much more. Please call 831-6165 for more information.

Play Smart

Age: 3-5yrs. Children will rotate through different stations in small groups during this one-day, 1.5 hour program that is offered in the gym at several community centers on selected mornings in February-April. Physical fitness and safety activities involving City of Raleigh Firefighters and Police Officers are the primary focus. A kid-size city with pedal cars will be used to teach children about driver and pedestrian safety. Parents, guardians, or teachers are required to stay during the program. Contact: 831-6505 or your local community center for details. Class Fee: \$5

Arts Program

Explore the Arts Program's two unique facilities: Pullen Arts Center and Sertoma Arts Center. The arts centers offer creative atmospheres for both the novice and the professional to enjoy and grow in. Friendly, nurturing, and professional arts instructors, specialized equipment, large studio spaces and classrooms, a Gallery Program featuring changing exhibits of beautiful and unique works of art, and natural park settings make the experience of participating at the arts centers inviting for all ages and abilities. Many participants also take advantage of our "Open Studio Time," offered in select studio areas, where qualified studio card holders can work on their art and use studio equipment and amenities in a non-instructional environment. While each arts center has its' own specialized studio areas, both offer fundamental studio classes in painting, drawing, and pottery ranging from beginner to advanced levels, as well as specialty summer arts camps with visual arts and theatre arts emphasis for youth. If you love to be outdoors, you may want to enjoy live entertainment under setting suns and rising stars with the Arts Program's many outdoor concerts, festivals, and fairs. Some of the best local and regional talent is always on display, whether it's an award-winning blues band, a grand-scale illusion show, or the original artwork of well-known artisans. These events take place in Raleigh Parks and Recreation's arts centers, parks, and many unique community facilities throughout Raleigh. There are free events, ticketed events, events for children, for adults, and for the whole family to enjoy. You'll have opportunities to participate, observe, or

relax and be entertained. We hope you will join us in one or more of these unique arts experiences throughout the year...and that you will be inspired to create! For information on the Arts program, call 831-6854.

Aquatics Program

Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay! Children 12 years old or younger must be accompanied by paying adult.

At The Door	Resident	Non-Res
1-12 years	\$1	\$2
13-54 years	\$3	\$6
55 and older	\$2	\$4

Punch Passes

Purchased at each pool for 15 swims.

	Resident	Non-Res
1-12 years	\$12	\$24
13-54 years	\$36	\$72
55 and older	\$24	\$48

Photo I.D. Pass

purchased at:

Raleigh Parks and Recreation Department
2401 Wade Avenue

8:30am-5:15pm, Monday-Friday
Payments by check, money order or credit card.
No cash.

Month Pass	Resident	Non-Res
1-12 years	\$10.50	\$21
13-54 years	\$31.50	\$63
55 and older	\$21	\$42

Annual Pass	Resident	Non-Res
(valid one year-to-date)		
1-12 years	\$60	\$120
13-54 years	\$180	\$360
55 and older	\$120	\$240

All passes are not transferable and become property of the City of Raleigh upon expiration date. Replacement passes are available for \$10.

Raleigh Arts Commission

The Raleigh Parks and Recreation Department welcomes our newest division, the Raleigh Arts Commission! Established in 1977 as the official advisory body and advocate for the arts to the Raleigh City Council, the Commission proudly holds the distinction of being the first municipal arts commission created in North Carolina. Serving as the leading force to champion the arts with Raleigh citizens and their representatives, the Commission's myriad activities foster, support, and promote the arts in the Capital City. For more information about Arts Commission programs, please visit <http://www.raleighnc.gov/arts>, or call 919-996-3610.

Program Descriptions

Aquatics Program Schedule		
Dates of Operation	Hours of Operation	Dates Closed
Biltmore Pool 831-6736 701 Crown Crossing Lane		
June 11 – August 14	Public Open Swim M-F 12:00-7:00pm Sa 1:00-5:00pm Su 1:00-5:00pm Adult Lap Swim M-F 12:00am-7:00pm Sa 1:00-5:00pm Su 1:00-5:00pm	July 4 Close at 4pm – Independence Day Celebration July 19 Closed at 4:30pm – ICSA Swim Meet
Chavis Pool 831-6665 501 Martin Luther King Jr Boulevard		
June 11 – Septmeber 5	Public Open Swim M-F 10:00am-8:00pm Sa 1:00-5:00pm Su 1:00-5:00pm Spray Pool M-F 10:00am-8:00pm Sa 1:00-5:00pm Su 1:00-5:00pm	July 4 Close at 4pm – Independence Day Celebration
Lake Johnson Pool 233-2111 1416 Athens Drive		
May 28 – September 5	Public Open Swim M-F 12:00-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm Adult Lap Swim M-F 8:00am-8:00pm Sa 9:00am-8:00pm Su 1:00-6:00pm Wading Pool M-F 9:00am-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm Sprayground M-F 9:00am-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm	July 4 Close at 4pm – Independence Day Celebration July 5 Closed at 4:30pm – ICSA Swim Meet
Longview Pool 831-6343 321 Bertie Drive		
June 11 – August 14	Public Open Swim M-F 10:00am-7:00pm Sa 1:00-5:00pm Su 1:00-5:00pm Adult Lap Swim M-F 10:00am-7:00pm Sa 1:00-5:00pm Su 1:00-5:00pm	July 4 Close at 4pm – Independence Day Celebration July 12 Closed at 4:30pm – ICSA Swim Meet
Millbrook Pool 872-4130 1905 Spring Forest Road		
May 14 – September 5	Public Open Swim M-F 12:00-8:00pm Sa 12:00-8:00pm Su 1:00-6:00pm Adult Lap Swim M-F 5:30am-8:00pm Sa 6:00am-8:00pm Su 7:00-9:30am and 1:00-6:00pm Wading Pool M-F 9:00am-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm Sprayground M-F 9:00am-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm	July 4 Close at 4pm – Independence Day Celebration July 7 Closed at 4:30pm – ICSA Swim Meet October 17 Begin Winter hours of operation

Program Descriptions

Aquatics Program Schedule continued		
Dates of Operation	Hours of Operation	Dates Closed
Optimist Pool 870-2882 5902 Whittier Drive		
May 14 – August 28	Public Open Swim M-F 10:00am-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm Adult Lap Swim M-F 5:30am-8:00pm Sa 6:00am-8:00pm Su 1:00-6:00pm Wading Pool M-F 9:00am-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm Diving Boards M-F 12:30am-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm	May 28-29 Closed – Black Heritage Swim Meet June 18-19 Closed – Marlins of Raleigh Swim Meet July 4 Close at 4pm – Independence Day Celebration July 8-10 Closed – Marlins of Raleigh Swim Meet July 14 Closed at 4:30pm – ICSA Swim Meet July 30 Closed – ICSA Championship Swim Meet August 6 Closed – YMCA Summer Swim Team Championship September 6 Begin Winter hours of operation
Pullen Aquatic Center 831-6197 410 Ashe Avenue		
May 14 – August 8	Public Open Swim M-F 12:30-8:00pm Sa 12:30-7:00pm Su 1:00-6:00pm Adult Lap Swim M-F 5:30am-8:00pm Sa 6:00am-7:00pm Su 1:00-6:00pm Diving Boards M-F 12:30-5:00pm Sa 12:30-7:00pm Su 1:00-6:00pm Teaching Pool M-F 12:30-5:00pm Sa 12:30-7:00pm Su 1:00-6:00pm	July 4 Close at 4pm – Independence Day Celebration August 15 Begin winter hours of operation
Ridge Road Pool 420-2322 1709 Ridge Road		
June 4 – September 5	Public Open Swim M-F 10:00am-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm Adult Lap Swim M-F 8:00am-8:00pm Sa 9:00am-8:00pm Su 1:00-6:00pm Wading Pool M-F 9:00am-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm Sprayground M-F 9:00am-8:00pm Sa 10:00am-8:00pm Su 1:00-6:00pm	July 4 Close at 4pm – Independence Day Celebration July 21 Closed at 4:30pm – ICSA Swim Meet

Program Descriptions

Program Descriptions continued from page 10 —

Mark your calendars now!

The 8th National Arts Program Exhibition

December 2, 2010-January 17, 2011.

Celebrating artwork by City of Raleigh and Wake County employees and their families, co-sponsored by the Raleigh Arts Commission and the United Arts Council of Raleigh and Wake County. Opening reception featuring bluegrass music: December 2, 5-7pm.

Thank YOU for your involvement and support of arts in the City of Oaks. Think Art!

Athletics Program

City Athletic Director

Jane Bailey

Athletic Program Supervisors

David Tugwell and Susan McFarland

The Athletics Program is dedicated to providing quality athletic competition, instruction, and participation for youth and adults in Raleigh through camps, clinics, and leagues. Youth Athletics Programs cater to children ages 5-18 and provide numerous benefits from playing in organized youth sports. Youth sports sponsored by the City of Raleigh Parks and Recreation Department provide the opportunity for boys and girls to learn good sportsmanship and progressively develop skills. The Adult Athletics Program provides a great opportunity to stay active, encourage social interaction and community involvement while providing a safe, fun, family atmosphere. Officials, scorekeepers, and coaches are always needed for both youth and adult programs. For information on any athletic program, call 831-6836. Please see page 40 for specific program information. Athletic Teams/Leagues are not currently available for online registration. Please visit our web site (parks.raleighnc.gov) to print the forms needed to register for the leagues. Please do not use the class registration form in this publication. You can only sign up during the registration period.

Community Centers

Community Center Program Supervisors

Lynn Warren, Lynne Mullins, and Kristen Shea

The community centers in the Raleigh Parks and Recreation Department offer diverse leisure and educational opportunities to serve the needs of citizens of all ages and abilities. In an effort to maximize participation, a full compliment of leisure services are available with a goal of maximizing all available time and space. Program categories offered within each facility include arts, athletics, nature, educational, teens, adult and youth. Each site hosts community events and festivals and

additionally, collaborates with other agencies to offer specialized programs. Facilities are also available for public rentals such as reunions, parties, retreats, meetings and picnics. For information on Community Centers, call 857-4366 or 831-6677.

Corporate Leisure Services Program

Program Supervisor: Allison Jones

The City of Raleigh Parks and Recreation Department, in an effort to further serve the community, has a unique program especially designed for the corporate sector. The Corporate Leisure Services (CLS) program is an integrated package of professional recreation services available to area businesses. CLS specializes in coordinating company picnics and family days, holiday parties, meeting management, as well as employee appreciation luncheons and other social occasions. Corporate Leisure Services also offers customized teambuilding workshops designed to address the specific goals of your group. CLS provides professional event planning services for a wide variety of corporate needs. Please visit CLS online at parks.raleighnc.gov/CLS for more information. Contact us today because it shouldn't be all work and no play! For more information on the CLS program, call 996-4818.

Design Development

The Design Development Division of Parks and Recreation includes the Capital Improvement, Greenway, and Long Term Planning Sections. While Design Development does not offer specific programs for the public, staff is constantly engaging neighborhoods and communities through master plan meetings, greenway implementation, park renovations. Behind the scenes staff is using GIS technology to maintain a database of current park property and to locate search areas for new park property. If you are interested in reviewing our current projects please visit our website at www.raleighnc.gov/parkplan or call 996-4774.

English as a Second Language Program

Program Director — Monica Quechol-Bradley

The English as a Second Language Program (ESL) offers new and innovative recreation opportunities and experiences for residents of Wake County who speak English as a Second Language. Programs are geared towards youth and adults alike. Opportunities include various foreign language classes, summer camp

experiences, English as a Second Language classes, computer classes and dance among many others. Volunteers are always needed to assist with promoting our programs and help teach English. Further information can be found throughout this brochure, or on our website. From the City of Raleigh home page search for English as a Second Language, or call the ESL program at 831-6844.

Greenways

996-4786

The Capital Area Greenway is a linear system of open space located along rivers, creeks, and streams, which can include public recreation trails for activities such as walking, jogging, hiking, fishing, picnicking, and outdoor fun. The trails connect many of Raleigh's parks and in many cases complement the recreational activities at the parks. The Neuse River, Walnut and Crabtree Creeks and their tributaries are the framework of the Capital Area Greenway System. Many of the city's major ecological features can be experienced in their natural state along these water courses. A major goal of the Greenway Program is to establish a network of interconnected trails. If you would like us to mail you a copy of our greenway map, please call 996-3285. Or you can visit us online at www.raleigh-nc.org/parksandrec/greenway_map.pdf to view a copy of the greenway map.

Nature Programs

Program Director — Tiffany Frost

e-mail: Tiffany.Frost@raleighnc.gov

Program Manager — Jenn Steele

e-mail: jenn.steele@raleighnc.gov

Nature Programs are held at various parks, greenways and community centers around the city. They are diverse in topic and are offered for all ages. Programs are offered for the general public as well as schools, scouts and other organized groups. For information on Nature Programs call 831-6856.

NeighborWoods

NeighborWoods is the City of Raleigh's street tree program. The program fosters a partnership between the city and its' citizens to help keep Raleigh's trees plentiful and healthy. NeighborWoods provides and prunes the trees, free of charge, and the homeowner must properly plant the tree, on the city right of way, while pledging to water the tree for the first two years. The goal is to plant at least 1500 trees every year, and together, we have planted over 10,500 trees since adopting the program in 2004. NeighborWoods relies upon donations and volunteers, if you would like to contribute, please, mail a check to:

NeighborWoods continued next page —

Program Descriptions

NeighborWoods continued —

Raleigh NeighborWoods
P.O. Box 590,
Raleigh, NC 27602

or add a donation to your water bill via the form on our website. You can volunteer by contacting the Tree Planting Coordinator at 996-4115 or e-mail sherry.graham@ci.raleigh.nc.us. Find more details by visiting our website! From the City of Raleigh home page click on the "Resident" link and then click on the "Trees" link.

Senior Adult Program

Recreation Program Director – Steve White
831-6851 steve.white@raleighnc.gov
Recreation Program Manager – Carmen Rayfield
807-8525 carmen.rayfield@raleighnc.gov
Recreation Program Assistant – Lauren Llewellyn
807-5423 lauren.llewellyn@raleighnc.gov

Senior Adult Program serves over 7,000 seniors throughout the Raleigh area. Activities are offered in several city wide community centers and other off-sites within the City of Raleigh. These activities range from sports leagues such as: tennis, golf, bowling softball and 3-on-3 basketball, exercise classes, bingo, cards, Outdoor Adventure Club, and much more; over 20 one-day and overnight trips each year, including cruises and international travel; educational seminars and workshops on a wide range of topics; and a network of different senior adult clubs throughout the city. Further information can be found throughout this brochure, or by calling 831-6851 or 807-8525.

Golden Years Clubs

The Golden Years Clubs are composed of persons 55 years and better. Anyone meeting the age requirements may join any of the clubs. Interested persons (Raleigh residents and non-residents) are invited to join any of the 52 clubs located throughout Raleigh. Clubs meet weekly or twice monthly. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. A complete list of clubs can be found in the Social Section or by calling 831-6851.

Specialized

Recreation Services

Program Director
Nikki Speer 831-6835
Special Olympics Wake County Coordinator
Brian Philpot 807-8378
Adapted Aquatic Program Specialist
Stephanie Stancil 807-5400
Youth and Adult Program Specialist
Meredith Jackson Hamlotis 807-5401
Youth and Adult Program Specialist
Jennifer Tabery 807-5402
Visually Impaired Program
807-5403
Deaf and Hard of Hearing Program Specialist
Bettie Ittenbach 807-5404
Inclusion Services
807-5428

Please be aware that non-resident fees do not apply to our programs at this time. Return registrations to:

Raleigh Parks and Recreation Department
Specialized Recreation Services
2401 Wade Ave
Raleigh, NC 27607

Specialized Recreation Services offers a variety of exciting programs for patrons who are developmentally or physically challenged. Fitness, sports, swimming, horticulture, day and weekend trips, arts and crafts, and fun walks are some of the programs offered. Each program is designed to meet the needs and interests of the participants. Whether you prefer social outings, trips or learning a new skill we are sure to have a program that fits your lifestyle. Some eligibility restrictions may apply. For more information on how to increase the quality of your leisure hours and to get on our mailing list, please give us a call.

Inclusion Services

The Raleigh Parks and Recreation Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate program participation. For participants with special circumstances who wish to participate in any typical program, some accommodations may be available to provide inclusive experiences. Contact 807-5428 for more information or for questions about these services.

Deaf and Hard of Hearing Program

The Deaf and Hard of Hearing Program offers social outings and day trips for those with hearing impairments, as well as sign language classes for the general public. To receive the "Handflight" newsletter please call 807-5404 or email bettie.ittenbach@raleighnc.gov to be put on our mailing list.

Adult Program Trips

For Adult Trip information, call 831-6851 to get on the mailing list for the following itineraries. You can then receive detailed itineraries which will include prices, departure/return times and more trip details. All trips depart from Jaycee Park, 2401 Wade Avenue, and are open to everyone.

May

Bath, NC

Spend the day touring our state's oldest city.

Asheville, NC

Tour the beautiful Biltmore Estate during their Festival of Flowers.

June

Yadkin Valley Wineries

Visits include the Black Wolf Vineyard and Westbend Vineyard.

Branson, Missouri

Enjoy live musical shows and explore the rolling countryside of Missouri.

July

Historic Churches of the Triangle

Explore the unique architecture, history and culture of various denominations around the Raleigh area.

Cherokee, NC

Stops include Harrah's Casino and the Oconoluftee Village.

August

Mystery Trip

Any guesses on where we are going? Always lots of fun and entertainment with this outing!

September

Pennsylvania Tour

Explore Lancaster, Hershey, Gettysburg and more as we tour the Keystone State!

October

Scotland Neck, NC

Tour the fascinating Sylvan Heights Waterfowl Center, home to world's largest collection of birds.

New England Cruise

The fall colors should be beautiful as we visit the northeastern coast and Nova Scotia.

Program Descriptions

Visually Impaired Program

The Visually Impaired Program offers a variety of exciting monthly activities for area residents with a visual impairment. Athletic programs include beepball and bowling. We offer a wide variety of trips to sporting events, family outings, both local and statewide day trips. Classes are scheduled according to interest. Each activity is designed to offer instruction and meet the interests of all ages. Our senior citizens group, The Lords and Ladies, enjoy monthly activities. To receive our bi-monthly newsletter (which is available in large print, braille, and audio) and increase the quality of your leisure time, please call 807-5403.

Special Olympics Wake County

Raleigh Parks and Recreation Department is proud to sponsor Special Olympics Wake County. SOWC provides year-round sports training and athletic competition in 16 different sports for individuals with intellectual disabilities. If you are unsure of eligibility requirements please call. Special Olympics serves ages 8 and above and in addition offers the non-competitive "Play Activities" program for ages 5-7 through the Wake County School System. Special Olympics training and competition is provided at no charge to eligible athletes. Each sport practices on a weekly basis at different times and locations. Athletes may have the option to train on their own if they can't meet our schedule. Be sure to contact us so we can get you the specifics on each sport, as they are available. SOWC is always looking for new athletes, volunteers and coaches; please contact Brian Philpot at 807-8378 for additional information and to get on our mailing list.

Teen Programs

Program Supervisors

Dana Youst, Daniel Price and Matt Schnars

The Teen Program at Raleigh Parks and Recreation provides recreation, education, career exploration, personal and social empowerment, and personal development for the purpose of serving teens ages 12-18 in the City of Raleigh and Wake County. The purpose of the program is to provide an opportunity for youth to initiate, plan, and implement programs as well as to design and develop projects and special events that will be of benefit to their peers, the community, and to themselves as individuals. The Teen Program encourages youth to take an interest in their personal growth and development, and helps them realize their potential as responsible young adults and their leadership role as a voice for young adults. For information on Teen programs, call 831-6688.

Custom Teen Programs

Do you have an idea for a great teen activity, but want someone else to help plan and organize it? Let the Teen Program at Raleigh Parks and Recreation plan your next teen event or outing. We have experience planning and providing activities for groups large and small. From an evening trip out to a local event, to a weeklong trip across the state, we can make it happen for your group. Cost for these programs will vary depending on the size of the group and the desired activity. Call us today to hear more about your options for a custom teen program!

Portable Challenge Course for Teens

Age: 11-18 yrs. Let the Teen Program Staff custom design a team building workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, team building, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$20 per staff hour of program with a minimum of 2 hours; we require a 1 to 8 staff member to student ratio.

Raleigh Youth Council

Are you a high school student that is interested in initiating, organizing and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement in leadership opportunities, community service, recreation, and fundraising as well as special events such as: Governor's Page Week, Youth Legislative Assembly, Student Government Month, State Youth Conferences, Domino Day, and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks and Recreation Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating in different types of community service projects or need hours to fill a requirement for your school or organization, check out one of our meetings or call to find out about upcoming opportunities! The meetings take place on the second and fourth Mondays of each month during the regular school year. Cost: There is no membership fee but there

may be additional fees for activities or conferences. Pre-registration is not required. Please contact the Teen Program at 807-5409 for more information.

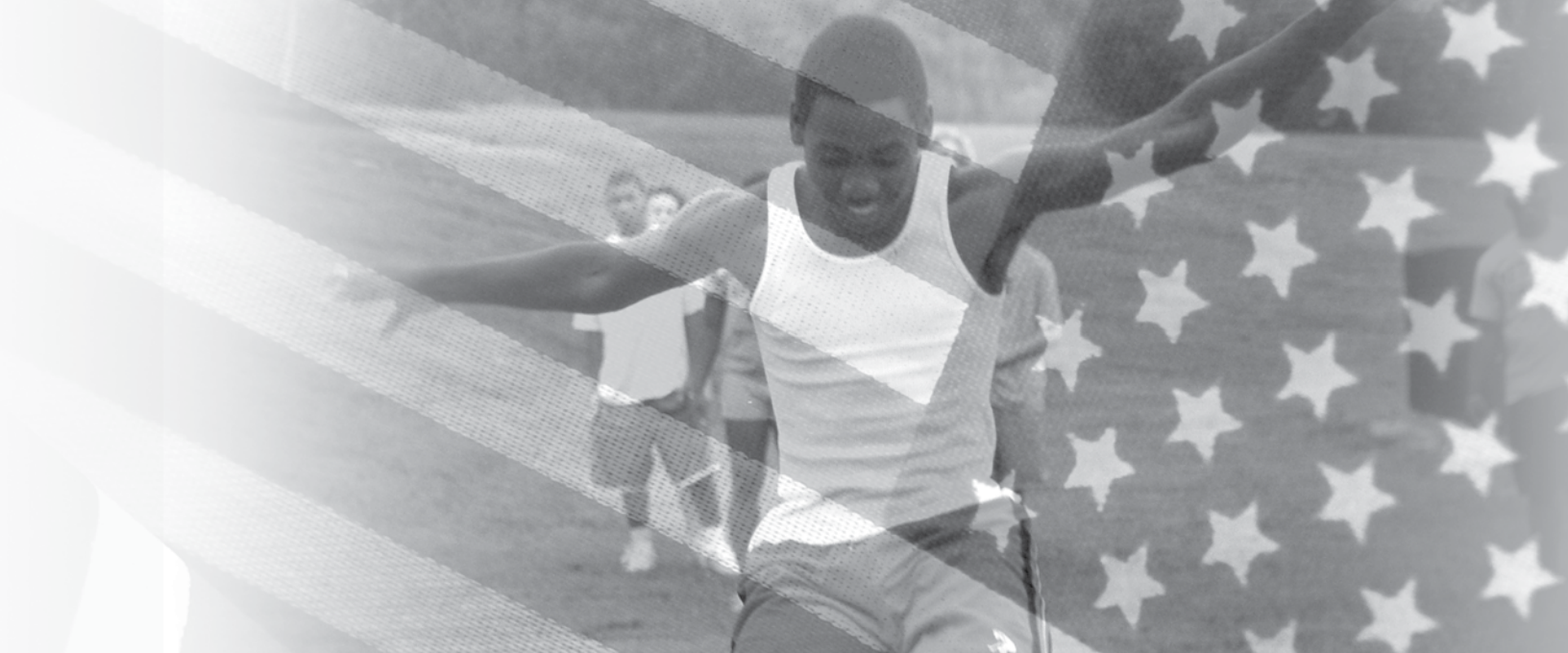
Tennis Program

Program Supervisor – David Bell

The Raleigh Parks and Recreation Department offers 112 public tennis courts (108 are lighted) located at 25 sites throughout the city. No advanced sign up is necessary and it is free to play at any location each day until 10:30pm. Scheduled classes for juniors and adults, from level 1 (no experience necessary, learning the tools you need to play a match), level 2 (learning full swing strokes), level 3 (learning how to hit with spin), level 4 (hitting with spin during match play), level 5 (advanced drills) are currently offered at Millbrook. Level 1 and 2 are offered at Lake Lynn and Kentwood Park. Other tennis activities include adult and junior team tennis, USTA adult, combo, senior and super senior leagues, World Team Tennis leagues, drop in Senior Tennis, Women's Quads, tournaments, cardio tennis and private coaching. There is an active NTRP level ladder program for men and women for singles and doubles. Millbrook Exchange Tennis Center is the hub of activity with 23 lit courts and a front desk which is staffed 363 days a year. Millbrook also has a drop in doubles challenge court, a ball machine court and four backboards. A 24 hour stringing/regripping service is available as well as tennis accessories, entry level racquets and racquets to borrow. Tennis program updates and forms can be downloaded from www.raleightennis.com. To talk to someone about tennis for you, call Millbrook Exchange Tennis Center, 872-4129.

Volunteer Opportunities

You are invited to become a part of the Raleigh Parks and Recreation Department's Volunteer Program and make a difference in your community. You may volunteer as an individual or as part of a group on a one-time or ongoing basis. The department offers individuals, families, students, businesses and organizations the opportunity to contribute time, talents and resources to our community. Through the efforts of both City staff and volunteers, the Raleigh Parks and Recreation Department can continue its fine tradition of providing quality leisure services to citizens of all ages. For more information, please contact Cindy Trumbower, (919)996-3292 or cindy.trumbower@ci.raleigh.nc.us



Special Events

May

Hershey's Track & Field Games Meet

Location: Buffalo Road Athletic Park
Age: 9-14yrs. The Hershey's Track and Field Games events are designed to introduce youth to physical fitness through basic track and field events such as running, throwing and jumping. Participants have an opportunity to advance to compete at the regional, state and possibly the national level. Participants may only compete in one local event. Registration will begin at 8:30am, events will begin at 9:30am. Site: Buffalo Road Athletic Park School, 5812 Buffalo Road. For information, call 831-6836. Class Fee: \$0
Hershey's Track and Field Games 1
#108458 May 14 Sa 8:30am-3:30pm

Mordecai Market Place

Location: Mordecai Historic Park
Age: All Ages. The Mordecai Historic Park volunteers invite you to this huge yard sale. All profits will go to Mordecai Historic Park. The Mordecai House will be open for walk through tours and a \$1 discount coupon for the trolley will be given with all purchases. Class Fee: \$0
#109663 May 21 Sa 9:00am-1:00pm



June

Lake Wheeler Annual Kid's Fishing Derby

Location: Lake Wheeler
Age: 6-12 yrs. The widely popular annual Lake Wheeler Kid's Fishing Derby will be conducted on Saturday, June 4, 2011 from 9am-12pm. Kids ages 6-12 may participate in this yearly event. The derby will be conducted by the Simpkins Pond area of Lake Wheeler Park and parents should begin registering their children at 8am (onsite registration only—please do not try to register online as this event is free). There is no fee for this event. Prizes will be awarded. The fishing derby will kick off at 9am and end at 12 noon. Register at Lake Wheeler from 8:00-8:45am. Please note that only children may participate in this tournament—not the parents. Following the event there will be a free hot dog cookout. This is a wonderful family event and is designed to foster interest in one of America's fastest growing outdoor sports—fishing! Children will be divided into two groups: Group A (ages 6-8); and Group B (ages 9-12). Class Fee: \$0
#109914 Jun 4 Sa 9:00am-12:00pm

Hershey's Track & Field Games Meet

Location: Buffalo Road Athletic Park
Age: 9-14yrs. The Hershey's Track and Field Games events are designed to introduce youth to physical fitness through basic track and field events such as running, throwing and jumping. Participants have an opportunity to advance to compete at the regional, state and possibly the national level. Participants may only compete in one local event. Registration will begin at 8:30am, events will begin at 9:30am. Site: Buffalo Road Athletic Park School, 5812 Buffalo Road. For information, call 831-6836. Class Fee: \$0
Hershey's Track and Field Games 4
#108459 Jun 15 W 8:30am-3:30pm

July

July 4th Celebration

Location: State Fairgrounds
Age: All Ages. Join the City of Raleigh and State Fairgrounds for our 4th of July Celebration. Enjoy family activities like basketball challenges, 4th of July hats, dance demonstrations and more. End the night with our 4th of July Celebration Fireworks display. Activities and live music begin at 5:00pm, fireworks begin at 9:45pm at the State Fairgrounds. No pets or coolers allowed. Class Fee: \$0
#110629 Jul 10 Su 5:00-10:15pm

Happy Birthday Marsh Creek!

Location: Marsh Creek Park
Age: 1yrs and up. We are turning one year old and throwing a Birthday Party! Please help us celebrate as we look back over our first year. There will be carnival games, board games, bingo, cake, party favors and much, much more! Registration ends July 12, and spots are limited! Class Fee: \$0
#110572 Jul 14 Th 6:00-8:00am

August

Mordecai Free Friday

Location: Mordecai Historic Park
Age: All Ages. Mordecai will offer free tours throughout the day on this special Friday. The Mordecai house and grounds were once the seat of one of the largest plantations in Wake county, encompassing more than 5,000 acres. There are also several outbuildings that can be toured including a the birthplace of Andrew Johnson, 17th President of the United States. Tours begin on the hour and half hour and are limited to 20 persons per tour. First come first serve. No registration necessary. Class Fee: \$0
#109892 Aug 19 F 10:00am-3:00pm

Adventure

Skill Level Key

This rating system is designed to inform you of the skill and fitness level which is required to enjoy and be safe while participating in Raleigh's Adventure Programs.

Level 1 – No prior knowledge or experience is necessary, with basic fitness level. A basic fitness level is half an hour of aerobic activity 3 times a week.

Level 2 – Some previous experience is recommended, with moderate fitness level. A moderate fitness level is an hour of aerobic activity 3 times a week.

Level 3 – Familiar with the activity, with moderate to good fitness level. A good fitness level is anything over an hour of aerobic activity 3 times a week.

Please Note: Programs listed with multiple skill levels have suitable terrain to challenge each level of participant.

Adult

Bike Maintenance

Location: Frank E. Evans Administrative Bldg.
Age: 14yrs and up. Stop paying for costly bike repairs that can be done on your own! Learn how to wrench on your bike for less than the cost of having flats changed for you. Participants of this course will learn to change flat tires, adjust gears and brakes, and look after the well being of your beloved bicycle. Road bikes, mountain bikes, comforts and cruisers; it doesn't matter. We will have you back on your ride lickity split. Spend more time riding and less time waiting on repairs! Bring your bike and wear clothes that can get dirty. Contact the Adventure Program at 919-831-6855. Class Fee: \$15

Bike Maintenance (Level 1)

#107952 May 11 W 6:00-9:00pm
#107956 Aug 31 W 6:00-9:00pm

Guide 'N' Ride – Single Track

Location: Non-City Owned Site
Age: 12yrs and up. Want to ride some new trails without that lost in the woods feeling of going to a new area? Our trip locations vary based on availability of open trails and riders' experience (Crabtree, Harris Lake, Beaver Dam, etc.). Join us for a half-day program that introduces single track riding techniques, trail ethics, and land mark identification for finding your way around. Our instructors will make sure that you are bringing the proper equipment, matching riding options to group fitness and skill levels as well as attend to any first aid issues that may arise. Take

the next step to becoming a confident and independent rider today. Register by calling the Adventure Program 919-831-6855.

Participants must provide their own mountain bike for the program. If you need to rent, we can point you in the right direction too. Class Fee: \$15

Guide 'N' Ride Single Track (Level 2)

#107932 May 7 Sa 10:00am-12:00pm

Kayak Basics

Location: Lake Johnson
Age: 12yrs and up. Kayak Basics is an introductory-level course for those wishing to learn more about the sport of kayaking. This 6-hour course provides a comfortable and pleasant lake environment in which to learn the basics of paddling. Our calm, friendly instructors will help lay a strong foundation of skills so you will be ready to move onto moving-water instruction on local rivers. Kayak experience is not required but participants should have basic swimming ability and comfort under water. Equipment and instruction are provided. Pre-registration is required. Please call the Adventure Program at 831-6855 for more information or to register. Class Fee: \$60

Kayak Basics (Level 1)

#107926 Aug 20 Sa 9:00am-4:00pm

Wilderness First Aid

Location: Durant Nature Park
Age: 15yrs and up. You and a small group of friends are on a 3 mile hike to see a waterfall when John slips, falls, and twists his ankle. John can't stand on his own and has several cuts from his fall...now what? Find out what to do in our intensive back country medical training course. The 16-hour, hands-on Wilderness First Aid

course will cover ways to deal with many medical emergencies when dialing 911 might not be an option. Not only is this course informative, but the scenarios enacted are exciting and fun too! Wilderness First Aid has become the minimum standard of care for people who are responsible for others in the outdoors. Join the Adventure Program and the American Red Cross for a course aimed at our fellow outdoor enthusiasts, adventurers, and trip leaders. No prerequisites. The minimum age for this course is 15. For more information, please call 831-6855. Class Fee: \$100

Wilderness First Aid (Level 1)

#107933 May 21-22 Sa-Su 8:00am-6:00pm

Family

Lake Johnson

Paddles and Saddles Demo Day

Location: Lake Johnson
Age: 10-90yrs. Join us at Lake Johnson for an exciting day of Mountain Bike and Paddling fun. Participants will have the opportunity to demo the latest in kayaks, canoes, and paddleboards all for free. Participants will also have the opportunity to register for instructional clinics, for a fee. Bring your own equipment, or check out the new stuff. Experience the Gear Swap, exciting movies, music, food (for a fee), group rides, fun races, raffles and learn from the experts. It will be a great day of outdoor adventure! Class Fee: \$0
#108869 May 14 Sa 9:00am-3:00pm



Downtown Recreation Opportunities

Pullen Park Amusements
520 Ashe Avenue Raleigh, NC 27606
Park Manager: Marvin Howell
Email: Marvin.Howell@raleighnc.gov

Pullen Park Amusements will be closed through late Fall of 2011 for renovations. We appreciate your continued patience while work is being completed and look forward to seeing you at our Grand Re-opening in late Fall of 2011. For project detail, visit Parks.raleighnc.gov and click "Park and Greenway Planning."

Chavis Park Carousel
505 Martin Luther King Jr. Boulevard
Raleigh, NC 27601
Carousel Supervisor: Marvin Howell
Email: Marvin.Howell@raleighnc.gov

Chavis Park has been home to the No. 2, Special Three Abreast, Allan Herschell Carousel since 1937. The Allan Herschell Carousel with its 36 wooden horses remains a historical treasure enjoyed by children of all ages. We hope your visit will create new memories or bring back fond ones.

2011 operational season runs from April 30-September 25.

Seasonal Hours of Operation

April 30 – May, August, September

Monday-Saturday 10am-5pm
Sunday 1-5pm

June and July

Monday-Saturday 10am-6pm
Sunday 1-6pm

Tours

Historic Narrated Trolley Tours on the Raleigh Trolley

Location: Mordecai Historic Park
Mordecai Historic Park's Trolley Tour is an educational and fun ride through downtown Raleigh with stops at Glenwood South, City Market, and the State Capitol that give plenty of time for tours and shopping. Tours run every Saturday, March-December leaving from Mordecai at 11:00am, 12:00pm, 1:00pm, and 2:00pm. Contact: Mordecai Historic Park for more information 857-4364. Charge: Adults \$10, Youth 7-17 \$4, Children 6 and under free. www.raleighnc.gov/mordecai

For additional downtown recreation opportunities, please refer to the following locations:

Chavis Community Center
505 MLK Jr. Boulevard (919) 831-6989

Fletcher Park
820 Clay Street (919) 831-6430
105 Pullen Road (919) 996-6126

Pullen Amusements
520 Ashe Avenue (919) 831-6468

Pullen Community Center
408 Ashe Avenue (919) 831-6052

Pullen Arts Center
105 Pullen Road (919) 996-6126

Roberts Park
1300 E. Martin Street (919) 831-6830

Pullen Aquatics Center
410 Ashe Ave (919) 831-6197

Mordecai Historic Park
1 Mimosa Street (919) 857-4364

Raleigh Little Theater
301 Pogue Street (919) 821-4579

Theatre in the Park
107 Pullen Road (919) 831-6936

Tucker House
418 N. Person Street (919) 831-6009

Walnut Creek Wetland Center
950 Peterson Street (919) 831-1960

Preschool

Parent and Child Aquatics Level 1

Age: 6mths-3yrs. Level 1 introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child and how to prepare and encourage their child to participate fully and try the skills. Water safety topics are also introduced and directed to parents. Children are introduced to basic skills that lay a foundation to help them learn to swim in the future.

Lake Johnson

#106734 Jun 6-16	M,T,Th	4:30-5:00pm	\$48
#106735 Jun 11-Jul 2	Sa	10:10-10:40am	\$33
#106736 Jun 20-30	M,T,Th	10:50-11:20am	\$48
#106737 Jul 11-21	M,T,Th	5:10-5:40pm	\$48
#106738 Jul 25-Aug 4	M,T,Th	5:50-6:20pm	\$48

Millbrook

#107057 Jun 4-25	Sa	9:30-10:00am	\$33
#107058 Jun 7-16	T,W,Th	10:10-10:40am	\$48
#107059 Jun 7-16	T,W,Th	5:10-5:40pm	\$48
#107060 Jun 21-30	T,W,Th	9:30-10:00am	\$48
#107061 Jun 21-30	T,W,Th	5:10-5:40pm	\$48
#107062 Jul 9-Aug 6	Sa	9:30-10:00am	\$33
#107063 Jul 12-21	T,W,Th	9:30-10:00am	\$48
#107064 Jul 12-21	T,W,Th	5:10-5:40pm	\$48
#107065 Jul 26-Aug 4	T,W,Th	9:30-10:00am	\$48
#107066 Jul 26-Aug 4	T,W,Th	5:10-5:40pm	\$48

Optimist

#107241 May 16-26	M,W,Th	10:10-10:40am	\$48
#107242 May 16-26	M,W,Th	5:10-5:40pm	\$48
#107243 Jun 13-23	M,W,Th	9:30-10:00am	\$48
#107244 Jun 13-23	M,W,Th	11:30am-12:00pm	\$48
#107245 Jun 13-23	M,W,Th	5:50-6:20pm	\$48
#107246 Jun 28-Jul 7	T,W,Th	9:30-10:00am	\$48
#107247 Jun 28-Jul 7	T,W,Th	11:30am-12:00pm	\$48
#107248 Jun 28-Jul 7	T,W,Th	5:50-6:20pm	\$48
#107249 Jul 18-28	M,W,Th	9:30-10:00am	\$48
#107250 Jul 18-28	M,W,Th	11:30am-12:00pm	\$48
#107251 Jul 18-28	M,W,Th	5:50-6:20pm	\$48
#107252 Aug 1-11	M,W,Th	9:30-10:00am	\$48
#107253 Aug 1-11	M,W,Th	5:10-5:40pm	\$48

Pullen

#107720 Jun 13-23	M,W,Th	10:10-10:40am	\$48
#107721 Jun 13-23	M,W,Th	5:10-5:40pm	\$48
#107722 Jun 27-Jul 7	M-Th	10:50-11:20am	\$48
#107723 Jun 27-Jul 7	M-Th	5:10-5:40pm	\$48
#107724 Jul 9-30	Sa	9:30-10:00am	\$33
#107725 Jul 11-21	M,W,Th	10:10-10:40am	\$48
#107726 Jul 11-21	M,W,Th	5:10-5:40pm	\$48
#107727 Jul 25-Aug 4	M,W,Th	10:50-11:20am	\$48
#107728 Jul 25-Aug 4	M,W,Th	5:10-5:40pm	\$48

Ridge

#108666 Jun 6-16	M,W,Th	4:30-5:00pm	\$48
#108667 Jun 20-30	M,W,Th	10:10-10:40am	\$48
#108668 Jul 5-14	T,W,Th	5:50-6:20pm	\$48
#108669 Jul 9-Aug 6	Sa	10:50-11:20am	\$33
#108670 Jul 25-Aug 4	M,W,Th	5:10-5:40pm	\$48

Parent and Child Aquatics Level 2

Age: 6mths-3yrs. Participants improve on skills from Level 1 and learn more advanced skills to prepare them for Preschool Level 1 class. Three year olds ready to learn

without a parent or caregiver should enroll in Preschool Level 1 class.

Lake Johnson

#106740 Jun 6-16 M,T,Th 4:30-5:00pm \$48
 #106741 Jun 11-Jul 2 Sa 10:10-10:40am \$33
 #106743 Jun 20-30 M,T,Th 10:50-11:20am \$48
 #106744 Jul 11-21 M,T,Th 5:10-5:40pm \$48
 #106746 Jul 25-Aug 4 M,T,Th 5:50-6:20pm \$48

Millbrook

#107067 Jun 4-25 Sa 10:10-10:40am \$33
 #107068 Jun 7-16 T,W,Th 10:50-11:20am \$48
 #107069 Jun 21-30 T,W,Th 10:10-10:40am \$48
 #107070 Jul 9-Aug 6 Sa 10:10-10:40am \$33
 #107071 Jul 12-21 T,W,Th 10:10-10:40am \$48
 #107072 Jul 26-Aug 4 T,W,Th 10:10-10:40am \$48

Optimist

#107254 May 16-26 M,W,Th 9:30-10:00am \$48
 #107255 Jun 13-23 M,W,Th 10:10-10:40am \$48
 #107256 Jun 13-23 M,W,Th 11:30am-12:00pm \$48
 #107257 Jun 13-23 M,W,Th 5:10-5:40pm \$48
 #107258 Jun 28-Jul 7 T,W,Th 10:10-10:40am \$48
 #107259 Jun 28-Jul 7 T,W,Th 11:30am-12:00pm \$48
 #107260 Jul 18-28 M,W,Th 10:10-10:40am \$48
 #107261 Jul 18-28 M,W,Th 11:30am-12:00pm \$48
 #107262 Aug 1-11 M,W,Th 10:10-10:40am \$48
 #107263 Aug 1-11 M,W,Th 5:10-5:40pm \$48

Pullen

#107729 Jun 13-23 M,W,Th 10:50-11:20am \$48
 #107730 Jun 13-23 M,W,Th 5:50-6:20pm \$48
 #107731 Jun 27-Jul 7 M-Th 10:10-10:40am \$48
 #107732 Jun 27-Jul 7 M-Th 5:50-6:20pm \$48
 #107733 Jul 9-30 Sa 10:10-10:40am \$33
 #107734 Jul 11-21 M,W,Th 10:50-11:20am \$48
 #107735 Jul 11-21 M,W,Th 5:50-6:20pm \$48
 #107736 Jul 25-Aug 4 M,W,Th 11:30am-12:00pm \$48
 #107737 Jul 25-Aug 4 M,W,Th 5:50-6:20pm \$48

Ridge

#108671 Jun 6-16 M,W,Th 5:10-5:40pm \$48
 #108672 Jun 20-30 M,W,Th 10:10-10:40am \$48
 #108673 Jul 5-14 T,W,Th 5:50-6:20pm \$48
 #108674 Jul 9-Aug 6 Sa 10:50-11:20am \$33
 #108901 Jul 25-Aug 4 M,W,Th 5:10-5:40pm \$48

Preschool Aquatics Level 1

Age: 3-5yrs. Participants learn elementary aquatic skills. Helps participants feel comfortable in the water and to enjoy the water. Learn underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. There are no prerequisites for this course.

Biltmore

#106679 Jul 16 Sa 12:00-12:45pm \$15
 #106680 Jul 25-Aug 4 M,W,Th 5:10-5:40pm \$48

Chavis

#106693 Jul 9 Sa 12:00-12:45pm \$15
 #106695 Jul 11-21 M,W,Th 5:10-5:40pm \$48

Lake Johnson

#106748 Jun 6-16 M,T,Th 5:10-5:40pm \$48
 #106749 Jun 11-Jul 2 Sa 9:30-10:00am \$33
 #106750 Jun 13-16 M-Th 10:10-10:40am \$33
 #106752 Jun 20-30 M,T,Th 10:10-10:40am \$48
 #106753 Jun 20-30 M,T,Th 11:30am-12:00pm \$48
 #106754 Jun 20-30 M,T,Th 4:30-5:00pm \$48
 #106755 Jun 20-30 M,T,Th 5:50-6:20pm \$48
 #106756 Jul 11-21 M,T,Th 10:10-10:40am \$48
 #106757 Jul 11-21 M,T,Th 11:30am-12:00pm \$48
 #106758 Jul 11-21 M,T,Th 4:30-5:00pm \$48
 #106759 Jul 11-21 M,T,Th 5:50-6:20pm \$48
 #106760 Jul 25-Aug 4 M,W,Th 10:10-10:40am \$48
 #106763 Jul 25-Aug 4 M,T,Th 10:50-11:20am \$48
 #106764 Jul 25-Aug 4 M,T,Th 5:10-5:40pm \$48

#106765 Jul 25-Aug 4 M,T,Th 6:30-7:00pm \$48
 #106766 Aug 8-11 M-Th 10:10-10:40am \$33
 #106768 Aug 8-11 M-Th 10:50-11:20am \$33
 #106769 Aug 8-11 M-Th 5:10-5:40pm \$33

Longview

#106862 Jun 20-30 M,W,Th 5:10-5:40pm \$48
 #106863 Jul 23 Sa 12:00-12:45pm \$15

Millbrook

#107073 Jun 4-25 Sa 9:30-10:00am \$33
 #107074 Jun 4-25 Sa 10:10-10:40am \$33
 #107076 Jun 7-16 T,W,Th 10:10-10:40am \$48
 #107077 Jun 7-16 T,W,Th 10:50-11:20am \$48
 #107078 Jun 7-16 T,W,Th 11:30am-12:00pm \$48
 #107079 Jun 7-16 T,W,Th 5:10-5:40pm \$48
 #107080 Jun 7-16 T,W,Th 5:50-6:20pm \$48
 #107081 Jun 21-30 T,W,Th 9:30-10:00am \$48
 #107082 Jun 21-30 T,W,Th 10:10-10:40am \$48
 #107083 Jun 21-30 T,W,Th 10:50-11:20am \$48
 #107084 Jun 21-30 T,W,Th 5:10-5:40pm \$48
 #107085 Jun 21-30 T,W,Th 5:50-6:20pm \$48
 #107086 Jul 9-Aug 6 Sa 9:30-10:00am \$33
 #107087 Jul 9-Aug 6 Sa 10:10-10:40am \$33
 #107088 Jul 12-21 T,W,Th 9:30-10:00am \$48
 #107089 Jul 12-21 T,W,Th 10:10-10:40am \$48
 #107090 Jul 12-21 T,W,Th 10:50-11:20am \$48
 #107091 Jul 12-21 T,W,Th 5:10-5:40pm \$48
 #107092 Jul 12-21 T,W,Th 5:50-6:20pm \$48
 #107093 Jul 26-Aug 4 T,W,Th 9:30-10:00am \$48
 #107094 Jul 26-Aug 4 T,W,Th 10:10-10:40am \$48
 #107095 Jul 26-Aug 4 T,W,Th 10:50-11:20am \$48
 #107096 Jul 26-Aug 4 T,W,Th 5:10-5:40pm \$48
 #107097 Jul 26-Aug 4 T,W,Th 5:50-6:20pm \$48

Optimist

#107264 May 16-26 M,W,Th 9:30-10:00am \$48
 #107265 May 16-26 M,W,Th 10:50-11:20am \$48
 #107266 May 16-26 M,W,Th 5:10-5:40pm \$48
 #107267 May 16-26 M,W,Th 5:50-6:20pm \$48
 #107268 Jun 13-23 M,W,Th 9:30-10:00am \$48
 #107269 Jun 13-23 M,W,Th 10:10-10:40am \$48
 #107270 Jun 13-23 M,W,Th 10:50-11:20am \$48
 #107271 Jun 13-23 M,W,Th 11:30am-12:00pm \$48
 #107272 Jun 13-23 M,W,Th 5:10-5:40pm \$48
 #107273 Jun 13-23 M,W,Th 5:50-6:20pm \$48
 #107274 Jun 28-Jul 7 T,W,Th 9:30-10:00am \$48
 #107275 Jun 28-Jul 7 T,W,Th 10:10-10:40am \$48
 #107276 Jun 28-Jul 7 T,W,Th 10:50-11:20am \$48
 #107277 Jun 28-Jul 7 T,W,Th 11:30am-12:00pm \$48
 #107278 Jun 28-Jul 7 T,W,Th 5:10-5:40pm \$48
 #107279 Jun 28-Jul 7 T,W,Th 5:50-6:20pm \$48
 #107280 Jul 18-28 M,W,Th 9:30-10:00am \$48
 #107281 Jul 18-28 M,W,Th 10:10-10:40am \$48
 #107282 Jul 18-28 M,W,Th 10:50-11:20am \$48
 #107283 Jul 18-28 M,W,Th 11:30am-12:00pm \$48
 #107284 Jul 18-28 M,W,Th 5:10-5:40pm \$48
 #107285 Jul 18-28 M,W,Th 5:50-6:20pm \$48
 #107286 Aug 1-11 M,W,Th 9:30-10:00am \$48
 #107287 Aug 1-11 M,W,Th 11:30am-12:00pm \$48
 #107288 Aug 1-11 M,W,Th 5:10-5:40pm \$48

Pullen

#107738 Jun 13-23 M,W,Th 10:10-10:40am \$48
 #107739 Jun 13-23 M,W,Th 10:50-11:20am \$48
 #107740 Jun 13-23 M,W,Th 5:10-5:40pm \$48
 #107741 Jun 13-23 M,W,Th 5:50-6:20pm \$48
 #107742 Jun 27-Jul 7 M-Th 10:10-10:40am \$48
 #107743 Jun 27-Jul 7 M-Th 10:50-11:20am \$48
 #107744 Jun 27-Jul 7 M-Th 5:10-5:40pm \$48
 #107745 Jun 27-Jul 7 M-Th 5:50-6:20pm \$48
 #107746 Jul 9-30 Sa 9:30-10:00am \$33
 #107747 Jul 11-21 M,W,Th 10:10-10:40am \$48
 #107748 Jul 11-21 M,W,Th 10:50-11:20am \$48
 #107749 Jul 11-21 M,W,Th 5:10-5:40pm \$48
 #107750 Jul 11-21 M,W,Th 5:50-6:20pm \$48
 #107751 Jul 25-Aug 4 M,W,Th 10:10-10:40am \$48
 #107752 Jul 25-Aug 4 M,W,Th 10:50-11:20am \$48
 #107753 Jul 25-Aug 4 M,W,Th 5:10-5:40pm \$48
 #107754 Jul 25-Aug 4 M,W,Th 5:50-6:20pm \$48

Ridge

#108741 Jun 6-16 M,W,Th 4:30-5:00pm \$48
 #108742 Jun 6-16 M,W,Th 5:50-6:20pm \$48
 #108743 Jun 20-30 M,W,Th 10:50-11:20am \$48
 #108744 Jun 20-30 M,W,Th 11:30am-12:00pm \$48
 #108745 Jun 20-30 M,W,Th 4:30-5:00pm \$48
 #108746 Jun 20-30 M,W,Th 5:10-5:40pm \$48
 #108747 Jun 20-30 M,W,Th 5:50-6:20pm \$48
 #108748 Jul 5-14 T,W,Th 10:10-10:40am \$48
 #108749 Jul 5-14 T,W,Th 11:30am-12:00pm \$48
 #108750 Jul 5-14 T,W,Th 4:30-5:00pm \$48
 #108751 Jul 5-14 T,W,Th 5:50-6:20pm \$48
 #108752 Jul 9-Aug 6 Sa 10:10-10:40am \$33
 #108753 Jul 25-Aug 4 M,W,Th 10:10-10:40am \$48
 #108754 Jul 25-Aug 4 M,W,Th 10:50-11:20am \$48
 #108755 Jul 25-Aug 4 M,W,Th 11:30am-12:00pm \$48
 #108756 Jul 25-Aug 4 M,W,Th 5:10-5:40pm \$48
 #108757 Jul 25-Aug 4 M,W,Th 5:50-6:20pm \$48

Preschool Aquatics Level 2

Age: 3-5yrs. Must have completed exit skills in Level 1. At this level, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1.

Biltmore

#106681 Jul 16 Sa 12:00-12:45pm \$15
 #106682 Jul 25-Aug 4 M,W,Th 5:10-5:40pm \$48

Chavis

#106696 Jul 9 Sa 12:00-12:45pm \$15
 #106698 Jul 11-21 M,W,Th 5:10-5:40pm \$48

Lake Johnson

#106771 Jun 6-16 M,T,Th 5:10-5:40pm \$48
 #106773 Jun 11-Jul 2 Sa 9:30-10:00am \$33
 #106774 Jun 13-16 M-Th 10:10-10:40am \$33
 #108912 Jun 20-30 M,T,Th 10:10-10:40am \$48
 #106779 Jun 20-30 M,T,Th 11:30am-12:00pm \$48
 #106780 Jun 20-30 M,T,Th 5:10-5:40pm \$48
 #106781 Jun 20-30 M,T,Th 5:50-6:20pm \$48
 #106782 Jun 20-30 M,T,Th 6:30-7:00pm \$48
 #106783 Jul 11-21 M,T,Th 10:50-11:20am \$48
 #106784 Jul 11-21 M,T,Th 11:30am-12:00pm \$48
 #106785 Jul 11-21 M,T,Th 5:10-5:40pm \$48
 #106786 Jul 11-21 M,T,Th 5:50-6:20pm \$48
 #106787 Jul 25-Aug 4 M,T,Th 10:10-10:40am \$48
 #106788 Jul 25-Aug 4 M,T,Th 11:30am-12:00pm \$48
 #106789 Jul 25-Aug 4 M,T,Th 4:30-5:00pm \$48
 #106790 Jul 25-Aug 4 M,T,Th 5:50-6:20pm \$48
 #106791 Aug 8-11 M-Th 10:10-10:40am \$33
 #106792 Aug 8-11 M-Th 10:50-11:20am \$33
 #106793 Aug 8-11 M-Th 5:50-6:20pm \$33

Longview

#106864 Jun 20-30 M,W,Th 5:10-5:40pm \$48
 #106865 Jul 23 Sa 12:00-12:45pm \$15

Millbrook

#107098 Jun 4-25 Sa 9:30-10:00am \$33
 #107099 Jun 4-25 Sa 10:10-10:40am \$33
 #107101 Jun 7-16 T,W,Th 10:10-10:40am \$48
 #107102 Jun 7-16 T,W,Th 10:50-11:20am \$48
 #107103 Jun 7-16 T,W,Th 11:30am-12:00pm \$48
 #107104 Jun 7-16 T,W,Th 5:10-5:40pm \$48
 #107105 Jun 7-16 T,W,Th 5:50-6:20pm \$48
 #107106 Jun 21-30 T,W,Th 9:30-10:00am \$48
 #107107 Jun 21-30 T,W,Th 10:10-10:40am \$48
 #107108 Jun 21-30 T,W,Th 5:10-5:40pm \$48
 #107109 Jun 21-30 T,W,Th 5:50-6:20pm \$48
 #107111 Jul 9-Aug 6 Sa 9:30-10:00am \$33
 #107112 Jul 9-Aug 6 Sa 10:10-10:40am \$33
 #107118 Jul 12-21 T,W,Th 9:30-10:00am \$48

Millbrook Preschool Level 2 continued next page —

Millbrook Preschool Level 2 continued —

#107119	Jul 12-21	T,W,Th	10:10-10:40am	\$48
#107120	Jul 12-21	T,W,Th	5:10-5:40pm	\$48
#107121	Jul 12-21	T,W,Th	5:50-6:20pm	\$48
#107122	Jul 26-Aug 4	T,W,Th	9:30-10:00am	\$48
#107123	Jul 26-Aug 4	T,W,Th	10:10-10:40am	\$48
#107124	Jul 26-Aug 4	T,W,Th	5:10-5:40pm	\$48
#107125	Jul 26-Aug 4	T,W,Th	5:50-6:20pm	\$48

Optimist

#107289	May 16-26	M,W,Th	10:50-11:20am	\$48
#107290	May 16-26	M,W,Th	11:30am-12:00pm	\$48
#107291	May 16-26	M,W,Th	5:10-5:40pm	\$48
#107292	Jun 13-23	M,W,Th	9:30-10:00am	\$48
#107293	Jun 13-23	M,W,Th	10:10-10:40am	\$48
#107294	Jun 13-23	M,W,Th	10:50-11:20am	\$48
#107295	Jun 13-23	M,W,Th	11:30am-12:00pm	\$48
#107296	Jun 13-23	M,W,Th	5:10-5:40pm	\$48
#107297	Jun 13-23	M,W,Th	5:50-6:20pm	\$48
#107298	Jun 28-Jul 7	T,W,Th	9:30-10:00am	\$48
#107299	Jun 28-Jul 7	T,W,Th	11:30am-12:00pm	\$48
#107300	Jun 28-Jul 7	T,W,Th	5:10-5:40pm	\$48
#107301	Jun 28-Jul 7	T,W,Th	5:50-6:20pm	\$48
#107302	Jul 18-28	M,W,Th	9:30-10:00am	\$48
#107303	Jul 18-28	M,W,Th	11:30am-12:00pm	\$48
#107304	Jul 18-28	M,W,Th	5:10-5:40pm	\$48
#107305	Jul 18-28	M,W,Th	5:50-6:20pm	\$48
#107306	Aug 1-11	M,W,Th	10:50-11:20am	\$48
#107307	Aug 1-11	M,W,Th	11:30am-12:00pm	\$48
#107308	Aug 1-11	M,W,Th	5:10-5:40pm	\$48
#107309	Aug 1-11	M,W,Th	5:50-6:20pm	\$48
#107310	Aug 1-11	M,W,Th	7:10-7:40pm	\$48

Pullen

#107759	Jun 13-23	M,W,Th	10:50-11:20am	\$48
#107760	Jun 13-23	M,W,Th	11:30am-12:00pm	\$48
#107761	Jun 13-23	M,W,Th	5:10-5:40pm	\$48
#107762	Jun 13-23	M,W,Th	5:50-6:20pm	\$48
#107763	Jun 27-Jul 7	M-Th	10:50-11:20am	\$48
#107764	Jun 27-Jul 7	M-Th	11:30am-12:00pm	\$48
#107765	Jun 27-Jul 7	M-Th	5:10-5:40pm	\$48
#107766	Jun 27-Jul 7	M-Th	5:50-6:20pm	\$48
#107769	Jul 9-30	Sa	10:10-10:40am	\$33
#107770	Jul 11-21	M,W,Th	10:50-11:20am	\$48
#107771	Jul 11-21	M,W,Th	11:30am-12:00pm	\$48
#107772	Jul 11-21	M,W,Th	5:10-5:40pm	\$48
#107773	Jul 11-21	M,W,Th	5:50-6:20pm	\$48
#107774	Jul 25-Aug 4	M,W,Th	10:50-11:20am	\$48
#107775	Jul 25-Aug 4	M,W,Th	11:30am-12:00pm	\$48
#107776	Jul 25-Aug 4	M,W,Th	5:10-5:40pm	\$48
#107777	Jul 25-Aug 4	M,W,Th	5:50-6:20pm	\$48

Ridge

#108758	Jun 6-16	M,W,Th	4:30-5:00pm	\$48
#108767	Jun 6-16	M,W,Th	5:50-6:20pm	\$48
#108769	Jun 20-30	M,W,Th	10:50-11:20am	\$48
#108772	Jun 20-30	M,W,Th	11:30am-12:00pm	\$48
#108773	Jun 20-30	M,W,Th	4:30-5:00pm	\$48
#108774	Jun 20-30	M,W,Th	5:10-5:40pm	\$48
#108775	Jun 20-30	M,W,Th	5:50-6:20pm	\$48
#108777	Jul 5-14	T,W,Th	10:10-10:40am	\$48
#108778	Jul 5-14	T,W,Th	11:30am-12:00pm	\$48
#108779	Jul 5-14	T,W,Th	4:30-5:00pm	\$48
#108780	Jul 5-14	T,W,Th	5:10-5:40pm	\$48
#108781	Jul 9-Aug 6	Sa	10:10-10:40am	\$33
#108782	Jul 25-Aug 4	M,W,Th	10:10-10:40am	\$48
#108783	Jul 25-Aug 4	M,W,Th	10:50-11:20am	\$48
#108786	Jul 25-Aug 4	M,W,Th	11:30am-12:00pm	\$48
#108787	Jul 25-Aug 4	M,W,Th	4:30-5:00pm	\$48
#108788	Jul 25-Aug 4	M,W,Th	5:50-6:20pm	\$48
#108789	Jul 25-Aug 4	M,W,Th	6:30-7:00pm	\$48

Preschool Aquatics Level 3

Age: 3-5yrs. Must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. This level lets participants master being able to perform skills without assistance.

Biltmore

#106683	Jul 25-Aug 4	M,W,Th	5:10-5:40pm	\$48
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Lake Johnson

#106794	Jun 6-16	M,T,Th	5:10-5:40pm	\$48
#106795	Jun 11-Jul 2	Sa	9:30-10:00am	\$33
#106796	Jun 20-30	M,T,Th	10:10-10:40am	\$48
#106797	Jun 20-30	M,T,Th	4:30-5:00pm	\$48
#106798	Jul 11-21	M,T,Th	10:50-11:20am	\$48
#106799	Jul 11-21	M,T,Th	5:50-6:20pm	\$48
#106800	Jul 25-Aug 4	M,T,Th	10:50-11:20am	\$48
#106801	Jul 25-Aug 4	M,T,Th	4:30-5:00pm	\$48
#106802	Aug 8-11	M-Th	10:50-11:20am	\$33

Millbrook

#107126	Jun 4-25	Sa	10:50-11:20am	\$33
#107127	Jun 7-16	T,W,Th	11:30am-12:00pm	\$48
#107133	Jun 7-16	T,W,Th	5:50-6:20pm	\$48
#107134	Jun 21-30	T,W,Th	11:30am-12:00pm	\$48
#107135	Jun 21-30	T,W,Th	5:50-6:20pm	\$48
#107136	Jul 9-Aug 6	Sa	10:50-11:20am	\$33
#107137	Jul 12-21	T,W,Th	11:30am-12:00pm	\$48
#107138	Jul 12-21	T,W,Th	5:50-6:20pm	\$48
#107139	Jul 26-Aug 4	T,W,Th	11:30am-12:00pm	\$48
#107140	Jul 26-Aug 4	T,W,Th	5:50-6:20pm	\$48

Optimist

#107311	May 16-26	M,W,Th	10:10-10:40am	\$48
#107312	May 16-26	M,W,Th	11:30am-12:00pm	\$48
#107313	May 16-26	M,W,Th	5:50-6:20pm	\$48
#107314	Jun 13-23	M,W,Th	9:30-10:00am	\$48
#107315	Jun 13-23	M,W,Th	10:50-11:20am	\$48
#107316	Jun 13-23	M,W,Th	5:10-5:40pm	\$48
#107317	Jun 28-Jul 7	T,W,Th	9:30-10:00am	\$48
#107318	Jun 28-Jul 7	T,W,Th	10:50-11:20am	\$48
#107319	Jun 28-Jul 7	T,W,Th	5:10-5:40pm	\$48
#107320	Jul 18-28	M,W,Th	9:30-10:00am	\$48
#107321	Jul 18-28	M,W,Th	10:50-11:20am	\$48
#107322	Jul 18-28	M,W,Th	5:10-5:40pm	\$48
#107323	Aug 1-11	M,W,Th	10:50-11:20am	\$48
#107324	Aug 1-11	M,W,Th	11:30am-12:00pm	\$48
#107325	Aug 1-11	M,W,Th	5:50-6:20pm	\$48
#107326	Aug 1-11	M,W,Th	7:10-7:40pm	\$48

Pullen

#107778	Jun 13-23	M,W,Th	10:10-10:40am	\$48
#107779	Jun 13-23	M,W,Th	11:30am-12:00pm	\$48
#107780	Jun 13-23	M,W,Th	5:50-6:20pm	\$48
#107781	Jun 13-23	M,W,Th	6:30-7:00pm	\$48
#107782	Jun 27-Jul 7	M-Th	10:10-10:40am	\$48
#107783	Jun 27-Jul 7	M-Th	11:30am-12:00pm	\$48
#107784	Jun 27-Jul 7	M-Th	5:50-6:20pm	\$48
#107785	Jun 27-Jul 7	M-Th	6:30-7:00pm	\$48
#107786	Jul 9-30	Sa	9:30-10:00am	\$33
#107787	Jul 11-21	M,W,Th	10:10-10:40am	\$48
#107788	Jul 11-21	M,W,Th	11:30am-12:00pm	\$48
#107789	Jul 11-21	M,W,Th	5:50-6:20pm	\$48
#107790	Jul 11-21	M,W,Th	6:30-7:00pm	\$48
#107791	Jul 25-Aug 4	M,W,Th	10:10-10:40am	\$48
#107792	Jul 25-Aug 4	M,W,Th	5:50-6:20pm	\$48
#107793	Jul 25-Aug 4	M,W,Th	6:30-7:00pm	\$48

Ridge

#108790	Jun 6-16	M,W,Th	5:50-6:20pm	\$48
#108791	Jun 20-30	M,W,Th	10:50-11:20am	\$48
#108792	Jun 20-30	M,W,Th	5:10-5:40pm	\$48
#108793	Jun 20-30	M,W,Th	6:30-7:00pm	\$48
#108794	Jul 5-14	T,W,Th	10:10-10:40am	\$48
#108795	Jul 5-14	T,W,Th	5:10-5:40pm	\$48
#108796	Jul 9-Aug 6	Sa	10:10-10:40am	\$33
#108797	Jul 25-Aug 4	M,W,Th	10:50-11:20am	\$48
#108798	Jul 25-Aug 4	M,W,Th	4:30-5:00pm	\$48

Youth

Swim Lesson – Level 1 Introduction Water Skills

Age: 6-13yrs. Participants learn elementary aquatic skills. Helps participants feel comfortable in the water and to enjoy the water. Learn underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water.

Biltmore

#106684	Jul 16	Sa	12:00-12:45pm	\$15
#106685	Jul 25-Aug 4	M,W,Th	5:50-6:20pm	\$48

Chavis

#106700	Jul 9	Sa	12:00-12:45pm	\$15
#106701	Jul 11-21	M,W,Th	5:50-6:20pm	\$48

Lake Johnson

#106803	Jun 6-16	M,T,Th	5:50-6:20pm	\$48
#106804	Jun 11-Jul 2	Sa	10:10-10:40am	\$33
#106805	Jun 13-16	M-Th	10:50-11:20am	\$33
#106806	Jun 20-30	M,T,Th	10:10-10:40am	\$48
#106807	Jun 20-30	M,T,Th	10:50-11:20am	\$48
#106808	Jun 20-30	M,T,Th	5:10-5:40pm	\$48
#106809	Jun 20-30	M,T,Th	6:30-7:00pm	\$48
#106810	Jul 11-21	M,T,Th	10:10-10:40am	\$48
#106811	Jul 11-21	M,T,Th	11:30am-12:00pm	\$48
#106812	Jul 11-21	M,T,Th	4:30-5:00pm	\$48
#106813	Jul 11-21	M,T,Th	6:30-7:00pm	\$48
#106814	Jul 25-Aug 4	M,T,Th	10:10-10:40am	\$48
#106815	Jul 25-Aug 4	M,T,Th	11:30am-12:00pm	\$48
#106816	Jul 25-Aug 4	M,T,Th	5:10-5:40pm	\$48
#106817	Jul 25-Aug 4	M,T,Th	6:30-7:00pm	\$48
#106818	Aug 8-11	M-Th	10:10-10:40am	\$33
#106819	Aug 8-11	M-Th	5:10-5:40pm	\$33

Longview

#106901	Jun 20-30	M,W,Th	5:50-6:20pm	\$48
#106902	Jun 20-30	M,W,Th	6:30-7:00pm	\$48
#106903	Jul 23	Sa	12:00-12:45pm	\$15

Millbrook

#107141	Jun 4-25	Sa	10:50-11:20am	\$33
#107142	Jun 7-16	T,W,Th	6:30-7:00pm	\$48
#107143	Jun 21-30	T,W,Th	9:30-10:00am	\$48
#107144	Jun 21-30	T,W,Th	10:50-11:20am	\$48
#107145	Jun 21-30	T,W,Th	6:30-7:00pm	\$48
#107146	Jul 9-Aug 6	Sa	10:50-11:20am	\$33
#107147	Jul 12-21	T,W,Th	9:30-10:00am	\$48
#107148	Jul 12-21	T,W,Th	10:50-11:20am	\$48
#107149	Jul 12-21	T,W,Th	6:30-7:00pm	\$48
#107150	Jul 26-Aug 4	T,W,Th	9:30-10:00am	\$48
#107151	Jul 26-Aug 4	T,W,Th	10:50-11:20am	\$48
#107152	Jul 26-Aug 4	T,W,Th	6:30-7:00pm	\$48

Optimist

#107327	May 16-26	M,W,Th	5:50-6:20pm	\$48
#107328	May 16-26	M,W,Th	7:10-7:40pm	\$48
#107329	Jun 13-23	M,W,Th	10:10-10:40am	\$48
#107330	Jun 13-23	M,W,Th	5:50-6:20pm	\$48
#107331	Jun 13-23	M,W,Th	6:30-7:00pm	\$48
#107332	Jun 28-Jul 7	T,W,Th	10:10-10:40am	\$48
#107333	Jun 28-Jul 7	T,W,Th	5:50-6:20pm	\$48
#107334	Jun 28-Jul 7	T,W,Th	6:30-7:00pm	\$48
#107335	Jul 18-28	M,W,Th	10:10-10:40am	\$48
#107336	Jul 18-28	M,W,Th	5:50-6:20pm	\$48
#107337	Jul 18-28	M,W,Th	6:30-7:00pm	\$48
#107338	Aug 1-11	M,W,Th	5:50-6:20pm	\$48

Pullen

#107794	Jun 13-23	M,W,Th	10:10-10:40am	\$48
#107795	Jun 13-23	M,W,Th	11:30am-12:00pm	\$48
#107796	Jun 13-23	M,W,Th	5:10-5:40pm	\$48
#107797	Jun 13-23	M,W,Th	5:50-6:20pm	\$48
#107798	Jun 13-23	M,W,Th	6:30-7:00pm	\$48
#107799	Jun 27-Jul 7	M-Th	10:10-10:40am	\$48
#107800	Jun 27-Jul 7	M-Th	11:30am-12:00pm	\$48

#107801 Jun 27-Jul 7 M-Th 5:10-5:40pm \$48
 #107802 Jun 27-Jul 7 M-Th 5:50-6:20pm \$48
 #107803 Jun 27-Jul 7 M-Th 6:30-7:00pm \$48
 #107804 Jul 9-30 Sa 8:50-9:20am \$33
 #107805 Jul 9-30 Sa 10:50-11:20am \$33
 #107806 Jul 11-21 M,W,Th 10:10-10:40am \$48
 #107807 Jul 11-21 M,W,Th 11:30am-12:00pm \$48
 #107808 Jul 11-21 M,W,Th 5:10-5:40pm \$48
 #107809 Jul 11-21 M,W,Th 6:30-7:00pm \$48
 #107810 Jul 25-Aug 4 M,W,Th 10:10-10:40am \$48
 #107811 Jul 25-Aug 4 M,W,Th 11:30am-12:00pm \$48
 #107812 Jul 25-Aug 4 M,W,Th 5:10-5:40pm \$48
 #107813 Jul 25-Aug 4 M,W,Th 5:50-6:20pm \$48
 #107814 Jul 25-Aug 4 M,W,Th 6:30-7:00pm \$48

Ridge

#108676 Jun 6-16 M,W,Th 5:10-5:40pm \$48
 #108679 Jun 20-30 M,W,Th 10:10-10:40am \$48
 #108680 Jun 20-30 M,W,Th 11:30-12:00pm \$48
 #108697 Jun 20-30 M,W,Th 4:30-5:00pm \$48
 #108698 Jun 20-30 M,W,Th 5:50-6:20pm \$48
 #108699 Jul 5-14 T,W,Th 10:50-11:20am \$48
 #108700 Jul 5-14 T,W,Th 11:30am-12:00pm \$48
 #108701 Jul 5-14 T,W,Th 5:10-5:40pm \$48
 #108732 Jul 5-14 T,W,Th 6:30-7:00pm \$48
 #108735 Jul 9-Aug 6 Sa 10:50-11:20am \$33
 #108736 Jul 25-Aug 4 M,W,Th 10:50-11:20am \$48
 #108737 Jul 25-Aug 4 M,W,Th 11:30am-12:00pm \$48
 #108738 Jul 25-Aug 4 M,W,Th 5:10-5:40pm \$48
 #108739 Jul 25-Aug 4 M,W,Th 5:50-6:20pm \$48

**Swim Lesson –
Level 2 Fundamental Skills**

Age: 6-13yrs. Must have completed exit skills in Level 1. At this level, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1.

Biltmore

#106686 Jul 16 Sa 12:00-12:45pm \$15
 #106687 Jul 25-Aug 4 M,W,Th 5:50-6:20pm \$48

Chavis

#106704 Jul 9 Sa 12:00-12:45pm \$15
 #106705 Jul 11-21 M,W,Th 5:50-6:20pm \$48
 #106706 Jul 11-21 M,W,Th 6:30-7:00pm \$48

Lake Johnson

#106820 Jun 6-16 M,T,Th 5:50-6:20pm \$48
 #106821 Jun 11-Jul 2 Sa 10:10-10:40am \$33
 #106822 Jun 13-16 M-Th 10:50-11:20am \$33
 #106823 Jun 20-30 M,T,Th 10:50-11:20am \$48
 #106824 Jun 20-30 M,T,Th 5:50-6:20pm \$48
 #106825 Jul 11-21 M,T,Th 10:10-10:40am \$48
 #106826 Jul 11-21 M,T,Th 11:30am-12:00pm \$48
 #106827 Jul 11-21 M,T,Th 4:30-5:00pm \$48
 #106828 Jul 11-21 M,T,Th 5:10-5:40pm \$48
 #106829 Jul 25-Aug 4 M,T,Th 10:50-11:20am \$48
 #106830 Jul 25-Aug 4 M,T,Th 5:10-5:40pm \$48
 #106831 Jul 25-Aug 4 M,T,Th 5:50-6:20pm \$48
 #106832 Aug 8-11 M-Th 10:50-11:20am \$33
 #106833 Aug 8-11 M-Th 5:10-5:40pm \$33
 #106834 Aug 8-11 M-Th 5:50-6:20pm \$33

Longview

#106904 Jun 20-30 M,W,Th 5:50-6:20pm \$48
 #106905 Jun 20-30 M,W,Th 6:30-7:00pm \$48
 #106906 Jul 23 Sa 12:00-12:45pm \$15

Millbrook

#107153 Jun 4-25 Sa 10:50-11:20am \$23
 #107154 Jun 7-16 T,W,Th 6:30-7:00pm \$48
 #107155 Jun 21-30 T,W,Th 10:10-10:40am \$48
 #107156 Jun 21-30 T,W,Th 10:50-11:20am \$48
 #107157 Jun 21-30 T,W,Th 6:30-7:00pm \$48
 #107158 Jul 9-Aug 6 Sa 10:50-11:20am \$33
 #107159 Jul 12-21 T,W,Th 10:10-10:40am \$48
 #107160 Jul 12-21 T,W,Th 10:50-11:20am \$48
 #107161 Jul 12-21 T,W,Th 6:30-7:00pm \$48
 #107162 Jul 26-Aug 4 T,W,Th 10:10-10:40am \$48
 #107163 Jul 26-Aug 4 T,W,Th 10:50-11:20am \$48
 #107164 Jul 26-Aug 4 T,W,Th 6:30-7:00pm \$48

Optimist

#107339 May 16-26 M,W,Th 7:10-7:40pm \$48
 #107340 Jun 13-23 M,W,Th 10:50-11:20am \$48
 #107341 Jun 13-23 M,W,Th 5:50-6:20pm \$48
 #107342 Jun 13-23 M,W,Th 7:10-7:40pm \$48
 #107343 Jun 28-Jul 7 T,W,Th 10:50-11:20am \$48
 #107344 Jun 28-Jul 7 T,W,Th 5:50-6:20pm \$48
 #107345 Jun 28-Jul 7 T,W,Th 7:10-7:40pm \$48
 #107346 Jul 18-28 M,W,Th 10:50-11:20am \$48
 #107347 Jul 18-28 M,W,Th 5:50-6:20pm \$48
 #107348 Jul 18-28 M,W,Th 7:10-7:40pm \$48
 #107349 Aug 1-11 M,W,Th 9:30-10:00am \$48
 #107350 Aug 1-11 M,W,Th 10:50-11:20am \$48
 #107351 Aug 1-11 M,W,Th 6:30-7:00pm \$48
 #107352 Aug 1-11 M,W,Th 7:10-7:40pm \$48

Pullen

#107815 Jun 13-23 M,W,Th 10:50-11:20am \$48
 #107816 Jun 13-23 M,W,Th 11:30am-12:00pm \$48
 #107817 Jun 13-23 M,W,Th 5:10-5:40pm \$48
 #107818 Jun 13-23 M,W,Th 6:30-7:00pm \$48
 #107819 Jun 13-23 M,W,Th 7:10-7:40pm \$48
 #107820 Jun 27-Jul 7 M-Th 10:50-11:20am \$48
 #107821 Jun 27-Jul 7 M-Th 11:30am-12:00pm \$48
 #107822 Jun 27-Jul 7 M-Th 5:10-5:40pm \$48
 #107823 Jun 27-Jul 7 M-Th 5:50-6:20pm \$48
 #107824 Jun 27-Jul 7 M-Th 6:30-7:00pm \$48
 #107826 Jul 9-30 Sa 10:10-10:40am \$33
 #107827 Jul 11-21 M,W,Th 10:50-11:20am \$48
 #107828 Jul 11-21 M,W,Th 11:30am-12:00pm \$48
 #107829 Jul 11-21 M,W,Th 5:50-6:20pm \$48
 #107830 Jul 11-21 M,W,Th 6:30-7:00pm \$48
 #107831 Jul 25-Aug 4 M,W,Th 10:50-11:20am \$48
 #107832 Jul 25-Aug 4 M,W,Th 11:30am-12:00pm \$48
 #107833 Jul 25-Aug 4 M,W,Th 5:10-5:40pm \$48
 #107834 Jul 25-Aug 4 M,W,Th 5:50-6:20pm \$48
 #107835 Jul 25-Aug 4 M,W,Th 6:30-7:00pm \$48
 #107836 Jul 25-Aug 4 M,W,Th 7:10-7:40pm \$48

Ridge

#108799 Jun 6-16 M,W,Th 5:10-5:40pm \$48
 #108800 Jun 20-30 M,W,Th 10:10-10:40am \$48
 #108801 Jun 20-30 M,W,Th 11:30am-12:00pm \$48
 #108802 Jun 20-30 M,W,Th 4:30-5:00pm \$48
 #108803 Jun 20-30 M,W,Th 5:50-6:20pm \$48

Ridge Swim Lesson Level 2 continued next page —



Ridge Swim Lesson Level 2 continued —

#108804	Jun 20-30	M,W,Th	6:30-7:00pm	\$48
#108805	Jul 5-14	T,W,Th	10:50-11:20 am	\$48
#108806	Jul 5-14	T,W,Th	4:30-5:00pm	\$48
#108807	Jul 5-14	T,W,Th	6:30-7:00pm	\$48
#108808	Jul 9-Aug 6	Sa	10:50-11:20am	\$33
#108809	Jul 25-Aug 4	M,W,Th	10:10-10:40am	\$48
#108810	Jul 25-Aug 4	M,W,Th	11:30am-12:00pm	\$48
#108811	Jul 25-Aug 4	M,W,Th	4:30-5:00pm	\$48
#108812	Jul 25-Aug 4	M,W,Th	5:50-6:20pm	\$48
#108813	Jul 25-Aug 4	M,W,Th	6:30-7:00pm	\$48

**Swim Lesson –
Level 3 Stroke Development**

Age: 6-13yrs. Must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. This level lets participants master being able to perform skills without assistance. Learn survival float, elementary backstroke and coordination of the front crawl. Learn also dolphin and scissor kicks.

Biltmore

#106688	Jul 25-Aug 4	M,W,Th	5:50-6:20pm	\$48
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Chavis

#106711	Jul 11-21	M,W,Th	6:30-7:00pm	\$48
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Lake Johnson

#106835	Jun 6-16	M,T,Th	5:50-6:20pm	\$48
#106836	Jun 11-Jul 2	Sa	10:10-10:40am	\$33
#106837	Jun 13-16	M-Th	10:10-10:40am	\$48
#106838	Jun 20-30	M,T,Th	11:30am-12:00pm	\$33
#106839	Jun 20-30	M,T,Th	6:30-7:00pm	\$48
#106840	Jul 11-21	M,T,Th	10:50-11:20am	\$48
#106841	Jul 11-21	M,T,Th	6:30-7:00pm	\$48
#106842	Jul 25-Aug 4	M,T,Th	10:10-10:40am	\$48
#106843	Jul 25-Aug 4	M,T,Th	4:30-5:00pm	\$48
#106844	Aug 8-11	M-Th	10:10-10:40am	\$33

Millbrook

#107165	Jun 4-25	Sa	11:30am-12:00pm	\$33
#107166	Jun 7-16	T,W,Th	6:30-7:00pm	\$48
#107167	Jun 21-30	T,W,Th	10:50-11:20am	\$48
#107168	Jun 21-30	T,W,Th	11:30am-12:00pm	\$48
#107169	Jun 21-30	T,W,Th	6:30-7:00pm	\$48
#107170	Jul 9-Aug 6	Sa	11:30am-12:00pm	\$33
#107171	Jul 12-21	T,W,Th	10:50-11:20am	\$48
#107172	Jul 12-21	T,W,Th	11:30am-12:00pm	\$48
#107173	Jul 12-21	T,W,Th	6:30-7:00pm	\$48
#107174	Jul 26-Aug 4	T,W,Th	10:50-11:20am	\$48
#107175	Jul 26-Aug 4	T,W,Th	11:30am-12:00pm	\$48
#107176	Jul 26-Aug 4	T,W,Th	6:30-7:00pm	\$48

Optimist

#107353	May 16-26	M,W,Th	6:30-7:00pm	\$48
#107354	Jun 13-23	M,W,Th	6:30-7:00pm	\$48
#107355	Jun 13-23	M,W,Th	7:10-7:40pm	\$48
#107356	Jun 28-Jul 7	T,W,Th	10:10-10:40am	\$48
#107357	Jun 28-Jul 7	T,W,Th	6:30-7:00pm	\$48
#107358	Jun 28-Jul 7	T,W,Th	7:10-7:40pm	\$48
#107359	Jul 18-28	M,W,Th	10:10-10:40am	\$48
#107360	Jul 18-28	M,W,Th	6:30-7:00pm	\$48
#107361	Jul 18-28	M,W,Th	7:10-7:40pm	\$48
#107362	Aug 1-11	M,W,Th	6:30-7:00pm	\$48

Pullen

#107837	Jun 13-23	M,W,Th	10:10-10:40am	\$48
#107838	Jun 13-23	M,W,Th	5:10-5:40pm	\$48
#107839	Jun 13-23	M,W,Th	6:30-7:00pm	\$48
#107841	Jun 13-23	M,W,Th	7:10-7:40pm	\$48
#107842	Jun 27-Jul 7	M-Th	10:10-10:40am	\$48
#107843	Jun 27-Jul 7	M-Th	5:10-5:40pm	\$48
#107844	Jun 27-Jul 7	M-Th	6:30-7:00pm	\$48
#107845	Jun 27-Jul 7	M-Th	7:10-7:40pm	\$48
#107846	Jul 9-30	Sa	10:50-11:20am	\$33
#107847	Jul 11-21	M,W,Th	10:10-10:40am	\$48
#107848	Jul 11-21	M,W,Th	5:10-5:40pm	\$48

#107849	Jul 11-21	M,W,Th	6:30-7:00pm	\$48
#107850	Jul 11-21	M,W,Th	7:10-7:40pm	\$48
#107851	Jul 25-Aug 4	M,W,Th	10:10-10:40am	\$48
#107852	Jul 25-Aug 4	M,W,Th	5:10-5:40pm	\$48
#107853	Jul 25-Aug 4	M,W,Th	6:30-7:00pm	\$48
#107854	Jul 25-Aug 4	M,W,Th	7:10-7:40pm	\$48

Ridge

#108814	Jun 6-16	M,W,Th	6:30-7:00pm	\$48
#108815	Jun 20-30	M,W,Th	10:50-11:20am	\$48
#108816	Jun 20-30	M,W,Th	5:10-5:40pm	\$48
#108817	Jun 20-30	M,W,Th	6:30-7:00pm	\$48
#108819	Jul 5-14	T,W,Th	10:50-11:20am	\$48
#108820	Jul 5-14	T,W,Th	6:30-7:00pm	\$48
#108821	Jul 9-Aug 6	Sa	10:50-11:20am	\$33
#108822	Jul 25-Aug 4	M,W,Th	10:10-10:40am	\$48
#108823	Jul 25-Aug 4	M,W,Th	4:30-5:00pm	\$48

**Swim Lesson –
Level 4 Stroke Improvement**

Age: 6-13yrs. Must have completed exit skills in Level 3. Back crawl and breaststroke are introduced in this level. Endurance is also a key factor for this level. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly.

Lake Johnson

#106847	Jun 6-16	M,T,Th	6:30-7:00pm	\$48
#106848	Jun 11-Jul 2	Sa	9:30-10:00am	\$33
#106849	Jun 13-16	M-Th	10:50-11:20am	\$33
#106850	Jun 20-30	M,T,Th	11:30am-12:00pm	\$48
#106851	Jul 11-21	M,T,Th	6:30-7:00pm	\$48

#106852	Jul 25-Aug 4	M,T,Th	6:30-7:00pm	\$48
#106853	Aug 8-11	M-Th	5:50-6:20pm	\$33

Millbrook

#107177	Jun 4-25	Sa	11:30am-12:00pm	\$33
#107178	Jun 7-16	T,W,Th	7:10-7:40pm	\$48
#107179	Jun 21-30	T,W,Th	11:30am-12:00pm	\$48
#107180	Jun 21-30	T,W,Th	7:10-7:40pm	\$48
#107181	Jul 9-Aug 6	Sa	11:30am-12:00pm	\$33
#107182	Jul 12-21	T,W,Th	11:30am-12:00pm	\$48
#107183	Jul 12-21	T,W,Th	7:10-7:40pm	\$48
#107184	Jul 26-Aug 4	T,W,Th	11:30am-12:00pm	\$48
#107185	Jul 26-Aug 4	T,W,Th	7:10-7:40pm	\$48

Optimist

#107363	May 16-26	M,W,Th	6:30-7:00pm	\$48
#107364	Jun 13-23	M,W,Th	6:30-7:00pm	\$48
#107365	Jun 13-23	M,W,Th	7:10-7:40pm	\$48
#107366	Jun 28-Jul 7	T,W,Th	10:10-10:40am	\$48
#107367	Jun 28-Jul 7	T,W,Th	6:30-7:00pm	\$48
#107368	Jun 28-Jul 7	T,W,Th	7:10-7:40pm	\$48
#107369	Jul 18-28	M,W,Th	10:10-10:40am	\$48
#107370	Jul 18-28	M,W,Th	6:30-7:00pm	\$48
#107371	Jul 18-28	M,W,Th	7:10-7:40pm	\$48
#107372	Aug 1-11	M,W,Th	10:10-10:40am	\$48
#107373	Aug 1-11	M,W,Th	5:50-6:20pm	\$48
#107374	Aug 1-11	M,W,Th	6:30-7:00pm	\$48

Pullen

#107855	Jun 13-23	M,W,Th	10:50-11:20am	\$48
#107858	Jun 13-23	M,W,Th	5:50-6:20pm	\$48
#107859	Jun 13-23	M,W,Th	6:30-7:00pm	\$48
#107860	Jun 27-Jul 7	M-Th	10:50-11:20am	\$48
#107862	Jun 27-Jul 7	M-Th	6:30-7:00pm	\$48
#107863	Jun 27-Jul 7	M-Th	7:10-7:40pm	\$48
#107865	Jul 11-21	M,W,Th	10:50-11:20am	\$48



#107866	Jul 11-21	M,W,Th	7:10-7:40pm	\$48
#107867	Jul 25-Aug 4	M,W,Th	10:50-11:20am	\$48
#107868	Jul 25-Aug 4	M,W,Th	6:30-7:00pm	\$48
#107869	Jul 25-Aug 4	M,W,Th	7:10-7:40pm	\$48
Ridge				
#108824	Jun 6-16	M,W,Th	6:30-7:00pm	\$48
#108825	Jun 20-30	M,W,Th	6:30-7:00pm	\$48
#108826	Jul 9-Aug 6	Sa	10:10-10:40am	\$33
#108827	Jul 25-Aug 4	M,W,Th	6:30-7:00pm	\$48

Swim Lesson – Level 5 Stroke Refinement

Age: 6-13yrs. Must have completed exit skills in Level 4. In this level, participants coordinate and refine all strokes. Flip turns on both front and back are introduced at this level. Endurance and distance are important in this level.

Lake Johnson

#106854	Jun 6-16	M,T,Th	6:30-7:00pm	\$48
#106855	Jun 11-Jul 2	Sa	9:30-10:00am	\$33
#106856	Jun 13-16	M-Th	10:50-11:20am	\$33
#106857	Jul 25-Aug 4	M,T,Th	6:30-7:00pm	\$48
#106858	Aug 8-11	M-Th	5:50-6:20pm	\$33

Millbrook

#107186	Jun 21-30	T,W,Th	11:30am-12:00pm	\$48
#107187	Jun 21-30	T,W,Th	7:10-7:40pm	\$48
#107188	Jul 12-21	T,W,Th	11:30am-12:00pm	\$48
#107189	Jul 12-21	T,W,Th	7:10-7:40pm	\$48
#107190	Jul 26-Aug 4	T,W,Th	11:30am-12:00pm	\$48
#107191	Jul 26-Aug 4	T,W,Th	7:10-7:40pm	\$48

Optimist

#107375	Jun 13-23	M,W,Th	6:30-7:00pm	\$48
#107376	Jun 13-23	M,W,Th	7:10-7:40pm	\$48
#107377	Jun 28-Jul 7	T,W,Th	6:30-7:00pm	\$48
#107378	Jun 28-Jul 7	T,W,Th	7:10-7:40pm	\$48
#107379	Jul 18-28	M,W,Th	6:30-7:00pm	\$48
#107380	Jul 18-28	M,W,Th	7:10-7:40pm	\$48
#107381	Aug 1-11	M,W,Th	10:10-10:40am	\$48
#107382	Aug 1-11	M,W,Th	6:30-7:00pm	\$48
#107383	Aug 1-11	M,W,Th	7:10-7:40pm	\$48

Pullen

#107870	Jun 13-23	M,W,Th	11:30am-12:00pm	\$48
#107871	Jun 13-23	M,W,Th	6:30-7:00pm	\$48
#107872	Jun 13-23	M,W,Th	7:10-7:40pm	\$48
#107873	Jun 27-Jul 7	M-Th	11:30am-12:00pm	\$48
#107874	Jun 27-Jul 7	M-Th	7:10-7:40pm	\$48
#107875	Jul 11-21	M,W,Th	11:30am-12:00pm	\$48
#107876	Jul 11-21	M,W,Th	7:10-7:40pm	\$48
#107877	Jul 25-Aug 4	M,W,Th	11:30am-12:00pm	\$48
#107878	Jul 25-Aug 4	M,W,Th	7:10-7:40pm	\$48

Ridge

#108828	Jun 6-16	M,W,Th	6:30-7:00pm	\$48
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Swim Team – Intra-City Swim Association

Age: All Ages. Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. Prerequisite – participants must be able to swim 25 yards unassisted. Class Fee: \$65

Biltmore Barracudas – ages 3-18

#106691	Jun 20-Jul 29	M,W,F	5:45-6:30pm	
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Lake Johnson Green Rays – ages 3-18

#106859	Jun 20-Jul 29	M,W,F	9:00-9:45am	
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Lake Johnson Green Rays – ages 3-10

#106860	Jun 20-Jul 29	M,W,F	6:20-7:05pm	
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Lake Johnson Green Rays – ages 11-18

#106861	Jun 20-Jul 29	M,W,F	7:15-8:00pm	
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Longview Sharks – ages 3-18

#106907	Jun 20-Jul 29	M,W,F	6:15-7:00pm	
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Millbrook Marlins – ages 3-18

#107199	Jun 20-Jul 29	M,W,F	8:30-9:15am	
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Millbrooks Marlins – ages 3-10

#107200	Jun 20-Jul 29	M,W,F	6:00-6:45pm	
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Millbrooks Marlins – ages 11-18

#107203	Jun 20-Jul 29	M,W,F	7:00-7:45pm	
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Optimist Offers – ages 3-18

#107384	Jun 20-Jul 29	M,W,F	8:45-9:30am	
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Optimist Offers – ages 3-10

#107385	Jun 20-Jul 29	M,W,F	6:00-6:45pm	
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Optimist Offers – ages 11-18

#107386	Jun 20-Jul 29	M,W,F	7:00-7:45pm	
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Pullen Pirates – ages 3-10

#107962	Jun 20-Jul 29	M,W,F	5:30-6:15pm	
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Pullen Pirates – ages 11-18

#107963	Jun 20-Jul 29	M,W,F	6:30-7:15pm	
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Ridge Road Dolphins – all ages

#108829	Jun 20-Jul 29	M,W,F	9:00-9:45am	
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Ridge Road Dolphins – ages 3-10

#108830	Jun 20-Jul 29	M,W,F	6:20-7:05pm	
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Ridge Road Dolphins – ages 11-18

#108831	Jun 20-Jul 29	M,W,F	7:15-8:00pm	
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Adult

Adult Beginner Swim Class

Age: 14yrs and up. The class requires no previous water experience and is geared toward dealing with beginning development of strokes including self-help and survival skills.

Millbrook

#107192	Jun 4-25	Sa	11:30am-12:10pm	\$35
#107193	Jun 7-16	T,W,Th	7:10-7:50pm	\$50
#107194	Jun 21-30	T,W,Th	7:10-7:50pm	\$50
#107195	Jul 9-Aug 6	Sa	11:30am-12:10pm	\$35
#107198	Jul 26-Aug 4	T,W,Th	7:10-7:50pm	\$50

Optimist

#107228	May 16-26	M,W,Th	6:30-7:10pm	\$50
#107229	Jun 13-23	M,W,Th	6:30-7:10pm	\$50
#107230	Jun 28-Jul 7	T,W,Th	6:30-7:10pm	\$50
#107231	Jun 28-Jul 7	T,W,Th	7:10-7:50pm	\$50
#107232	Jul 18-28	M,W,Th	6:30-7:10pm	\$50
#107233	Jul 18-28	M,W,Th	7:10-7:50pm	\$50
#107235	Aug 1-11	M,W,Th	6:30-7:10pm	\$50

Pullen

#107879	Jun 13-23	M,W,Th	7:10-7:50pm	\$50
#107880	Jun 27-Jul 7	M-Th	6:30-7:10pm	\$50
#107885	Jun 27-Jul 7	M-Th	7:10-7:50pm	\$50
#107886	Jul 9-30	Sa	8:50-9:30am	\$35
#107889	Jul 9-30	Sa	10:50-11:30am	\$35
#107892	Jul 11-21	M,W,Th	6:30-7:10pm	\$50
#107893	Jul 11-21	M,W,Th	7:10-7:50pm	\$50
#107894	Jul 25-Aug 4	M,W,Th	6:30-7:10pm	\$50
#107895	Jul 25-Aug 4	M,W,Th	7:10-7:50pm	\$50

Adult Intermediate Swim Class

Age: 14yrs and up. This class requires that students know how to swim but are in need of improvement. We will introduce and refine survival skills, freestyle, backstroke and breaststroke.

Millbrook

#107196	Jun 7-16	T,W,Th	7:10-7:50pm	\$50
#107197	Jul 12-21	T,W,Th	7:10-7:50pm	\$50

Optimist

#107236	May 16-26	M,W,Th	7:10-7:50pm	\$50
#107237	Jun 13-23	M,W,Th	7:10-7:50pm	\$50
#107238	Jun 28-Jul 7	T,W,Th	7:10-7:50pm	\$50
#107239	Jul 18-28	M,W,Th	7:10-7:50pm	\$50
#107240	Aug 1-11	M,W,Th	7:10-7:50pm	\$50

Pullen

#107896	Jun 13-23	M,W,Th	7:10-7:50pm	\$50
#107903	Jun 27-Jul 7	M-Th	7:10-7:50pm	\$50
#107905	Jul 9-30	Sa	8:50-9:30am	\$50
#107906	Jul 11-21	M,W,Th	7:10-7:50pm	\$50
#107907	Jul 25-Aug 4	M,W,Th	7:10-7:50pm	\$50

Lifeguarding – American Red Cross

Age: 15yrs and up. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes First Aid and CPR/AED for the Professional Rescuer. Class Fee: \$190

Optimist

#107395	May 16-26	M-Th	5:00-9:00pm	
#107396	Jun 13-23	M-Th	11:30am-5:00pm	
#107398	Jul 18-28	M-Th	11:30am-5:00pm	
#107399	Aug 13-21	Sa-Su	8:00am-5:00pm	

Pullen

#107958	Jun 13-23	M-Th	5:00-9:00pm	
#107959	Jun 27-Jul 8	M-F	5:00-9:00pm	
#107960	Jul 11-21	M-Th	5:00-9:00pm	
#107961	Jul 25-Aug 4	M-Th	5:00-9:00pm	

Deep Water Exercise – Deep Water Power Hour

Age: 14yrs and up. This high intensity deep water class will include cardiovascular and strength conditioning with no impact! Gloves, barbells, and cuffs may be used to enhance exercises. Equipment use is optional.

Optimist	May 2-Aug 26	M,W,F	5:45-6:45am	
	May 3-Aug 25	T,Th	8:00-9:00am	

Pullen	May 2-Aug 26	M,W,F	8:30-9:30am	
	May 11-Sep 5	M,W	5:45-6:45pm	

Deep Water Exercise – Let's Get Physical!

Location: Pullen Aquatic Center

Age: All Ages. Deep water wellness workout designed to provide cardiovascular, resistance and flexibility training. These workouts help strengthen the core muscles of the chest, abdomen, and back.

May 2-Aug 26 M,W,F 11:30am-12:30pm

Shallow Water Exercise – Aquacise

Location: Optimist Pool

Age: 14yrs and up. Designed for all age groups, this class focuses on agility, coordination, and stability.

May 2-Aug 26 M,W,F 9:30-10:30am

May 2-Aug 26 M,W,F 10:30-11:30am

Shallow Water Exercise – Arthritis Class

Location: Pullen Aquatic Center

Age: All Ages. For people with arthritis, fibromyalgia or other conditions that would benefit from a range of motion exercise in warm H2O.

May 2-Aug 26 M,W,F 10:30-11:30am

Shallow Water Exercise – Head, Shoulders, Knees to Toes

Age: 14yrs and up. This class uses the properties of the water for a complete head to toe workout. It will include an energetic aerobic routine for cardiovascular fitness and a total body workout. Equipment maybe

Shallow Water Exercise continued next page —

Shallow Water Exercise continued —
used to enhance workout.

Optimist

May 3-Aug 25	T,Th	9:00-10:00am
May 3-Aug 25	T,Th	6:30-7:30pm
May 2-Aug 24	M,W	7:00-8:00pm

Pullen

May 2-Aug 26	M,W,F	9:30-10:30am
May 3-Aug 25	T,Th	6:30-7:30pm

**Shallow Water Exercise –
Water Walking**

Location: Optimist Pool

Age: 14yrs and up. This low impact class focuses on flexibility, conditioning, and cardiovascular endurance. It is designed for individuals of all fitness levels to work towards a higher level of personal fitness.

May 2-Aug 26	M,W,F	9:30-10:30am
May 2-Aug 26	M,W,F	8:30-9:30am

Family

Stroke Development Clinic

Age: 6yrs and up. Emphasis will be placed on stroke improvement and swimming development. Participant must be able to swim unassisted for at least 25 yards and know the basics of the stroke(s) covered in the clinic they are attending. For starts and turns clinics, participants must know how to do a basic dive to enroll. Class Fee: Youth \$15, Adult \$20

Lake Johnson – Freestyle and Breaststroke Clinic

#108850	Jun 4	Sa	10:00-10:45am
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Lake Johnson – Backstroke and Butterfly Clinic

#108851	Jun 4	Sa	11:00-11:45am
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Millbrook – Freestyle Clinic

#108852	May 21	Sa	10:00-10:45 am
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#108854	Aug 13	Sa	10:00-10:45am
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Pullen – Freestyle Clinic

#108859	Jun 11	Sa	9:00-9:45am
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Millbrook – Backstroke Clinic

#108853	May 21	Sa	11:00-11:45am
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Pullen – Backstroke Clinic

#108861	Jun 11	Sa	11:00-11:45am
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Millbrook – Breaststroke and Butterfly Clinic

#108855	Aug 13	Sa	11:00-11:45am
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Optimist – Breaststroke and Butterfly Clinic

#108857	May 14	Sa	10:00-10:45am
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Ridge – Breaststroke and Butterfly Clinic

#108868	Jun 25	Sa	11:00-11:45am
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Optimist – Freestyle and Backstroke Clinic

#108856	May 14	Sa	9:00-9:45am
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Optimist – Starts and Turns Clinic

#108858	May 14	Sa	11:00-11:45am
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Pullen – Starts and Turns Clinic

#108862	Jun 11	Sa	12:00-12:45pm
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#108866	Jul 23	Sa	12:00-12:45pm
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Pullen – Freestyle and Backstroke

#108860	Jun 11	Sa	10:00-10:45am
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Pullen – Breaststroke clinic

#108863	Jul 23	Sa	9:00-9:45am
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Pullen – Breaststroke and Butterfly

#108864	Jul 23	Sa	10:00-10:45am
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Starts and Turns Clinic

#108865	Jul 23	Sa	11:00-11:45am
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Ridge – Freestyle and Backstroke Clinic

#108867	Jun 25	Sa	10:00-10:45am
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Arts

Preschool

**Anderson Point
Little Artists 2-3 Year Olds**

Location: Anderson Point

Age: 2-3yrs. Calling all preschool artist to Anderson Point Park. Join your friends as we create art projects that are themed around classic childrens books. Be sure to bring your parents if you are ages 2-3 so they can join in on the fun. Class will meet at the small shelter. Lori Jones instructs. Class Fee: \$5

Mother's Day Bouquets

#110223	May 6	F	9:45-10:45am
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Beautiful Butterflies

#110221	May 13	F	9:45-10:45am
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Sensational Suns

#110222	May 20	F	9:45-10:45am
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Nature Weaving

#110224	May 27	F	9:45-10:45am
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Wild Windsocks

#110228	Jun 3	F	9:45-10:45am
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Leaping Lizards

#110230	Jun 10	F	9:45-10:45am
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Father's Day Fun

#110231	Jun 17	F	9:45-10:45am
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Funky Fish

#110232	Jun 24	F	9:45-10:45am
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**Anderson Point
Little Artists 3-5 Year Olds**

Location: Anderson Point

Age: 4-5yrs. Calling all preschool artist to Anderson Point Park. Join your friends as we create art projects that are themed around classic childrens books. Class will meet at the small shelter. Be sure to prepay for classes. Classes are taught by Lori Jones. Class Fee: \$5

Mother's Day Bouquets

#110238	May 6	F	11:00am-12:00pm
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Beautiful Butterflies

#110237	May 13	F	11:00am-12:00pm
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Sensational Suns

#110239	May 20	F	11:00am-12:00pm
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Nature Weaving

#110240	May 27	F	11:00am-12:00pm
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Wild Windsocks

#110244	Jun 3	F	11:00am-12:00pm
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Leaping Lizards

#110245	Jun 10	F	11:00am-12:00pm
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Father's Day Fun

#110246	Jun 17	F	11:00am-12:00pm
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Funky Fish

#110251	Jun 24	F	11:00am-12:00pm
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Art – Jumpstart Toddler Montessori

Age: 18-42mths. Come explore the wonderful world of learning as you guide your children through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles, to language arts centers featuring the works of Eric Carle and Dr. Seuss, your child will have so much

fun, they won't even realize how much they are learning. Each week, students will be exposed to new educational concepts as well as exploring 'social' stations full of building blocks, cooking centers, train sets, puppets and even a toddler-sized bounce house. Help your toddler get a jumpstart on preschool! Parent/guardian participation is required. A separate \$35 materials fee will be due to the instructor at the first class meeting. Instructor: Rhonda Felton Manning, BS in Education. Class Fee: \$40

Brier Creek Community Center

#108942	May 4-Jun 22	W	9:00-10:00am
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#108943	Jun 29-Aug 24	W	9:00-10:00am
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Lake Lynn Community Center

#109222	May 6-Jun 24	F	9:00-10:00am
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#109223	Jul 1-Aug 26	F	9:00-10:00am
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Art – Krafty Kids

Location: Optimist Community Center

Age: 3-5yrs. Join us for a different and creative arts and craft project or edible creation. A new project is introduced with each theme class. Class Fee: \$6 per class.

Mother's Day Surprise

#109508	May 13	F	12:30-1:30pm
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#109507	May 14	Sa	12:30-1:30pm
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Father's Day Surprise

#109509	Jun 10	F	12:30-1:30pm
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#109510	Jun 11	Sa	12:30-1:30pm
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Made in the USA

#109511	Jul 1	F	12:30-1:30pm
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#109512	Jul 2	Sa	12:30-1:30pm
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Summer Daze

#109513	Jul 29	F	12:30-1:30pm
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#109514	Jul 30	Sa	12:30-1:30pm
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Back to School

#109515	Aug 26	F	12:30-1:30pm
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#109516	Aug 27	Sa	12:30-1:30pm
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Art – Paint the Town

Location: Marsh Creek Park

Age: 3-5yrs. Each class we will use a different way to paint! Come to all of the classes or pick a few to try! Class Fee: \$5

Sponge Painting

#108051	May 7	Sa	9:00-9:30am
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#108054	Aug 13	Sa	9:00-9:30am
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Finger Painting

#108052	May 14	Sa	9:00-9:30am
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#108055	Aug 20	Sa	9:00-9:30am
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Brush Painting

#108053	May 28	Sa	9:00-9:30am
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#108056	Aug 27	Sa	9:00-9:30am
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Art Expressions

Location: Worthdale Community Center
Age: 3-5yrs. Preschoolers will enjoy a variety of arts and crafts, learning colors, numbers and sharing with peers. Class Fee: \$20

#108348	Aug 3	W	12:00-1:00pm
#108347	Aug 10	W	12:00-1:00pm
#108346	Aug 17	W	12:00-1:00pm

Ballet Basics I

Location: Green Road Community Center
Age: 3yrs. Learning ballet is a wonderful introduction to the art of dance! This class will allow students to explore the magic of movement while learning fundamental ballet principles of posture and body alignment. While learning basic terminology, participants will gain a stronger sense of body awareness. Prior experience is not necessary. Instructor Hanna Choi, B.A. in Dance and B.A. in Private Studio Teaching. Class Fee: \$70

#107411	May 7-Jun 18	Sa	10:00-10:45am
#107410	Jul 9-Aug 20	Sa	10:00-10:45am

Ballet Basics II

Location: Green Road Community Center
Age: 4-6yrs. Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases, while also developing their own creative expression. Instructor Hanna Choi, B.A. in Dance and B.A. in Private Studio Teaching. Class Fee: \$70

#107409	May 7-Jun 18	Sa	11:00-11:45am
#107408	Jul 9-Aug 20	Sa	11:00-11:45am

Dance – Ballet/Tap

Location: Optimist Community Center
Age: 3-5yrs. This class will introduce preschoolers ballet and tap techniques, form positions, steps, patterns and other basic movements. Students will develop their coordination, self-confidence and imagination. Class Fee: \$42

#110471	May 2-23	M	10:00-10:45am
#110473	Aug 8-29	M	10:00-10:45am

Dance – Little Fancy Feet

Location: Marsh Creek Park
Age: 2-3yrs. Explore fun and exciting dance moves with your child. Coordination and large motor skills are developed through basic ballet, creative movement, and gymnastics. Moreover, educational concepts are included, such as numbers, colors, letters, and social manners. Hanna Chio instructs. Class Fee: \$36

#110559	May 5-26	Th	10:00-10:30am
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Dance – Little Fancy Feet II

Location: Marsh Creek Park
Age: 4-5yrs. Explore fun and exciting dance moves. Coordination and large motor skills are developed through basic ballet, creative movement, and gymnastics. Moreover, educational concepts are included, such

as numbers, colors, letters, and social manners. Hanna Chio instructs. Class Fee: \$36

#110560	May 5-26	Th	10:45-11:15am
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Dance – Tippy Toes Ballet

Location: Laurel Hills Community Center
Age: 18-24mths. Introduce your ballerina to the world of dance through Ballet. They will explore simple fun elements such as positioning, levels, techniques, point and flex, spatial dynamics and graceful moves. The benefits may include balance, coordination and self awareness. Coach Khadija instructs. Class Fee: \$36

#108457	May 2-23	M	11:30am-12:00pm
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Dance – Twinkle Toes – Mom and Me

Location: Brier Creek Community Center
Age: 6-24mths. This is a perfect class for mom's who want to spend quality time with their child while introducing them to music, movement and dance. Using fun, lively children's music tots will be encouraged to clap, stomp, turn and twirl. Scarves, twirling ribbons, parachutes, and more will be used to promote body awareness and help develop coordination. Instructor: Bethany Schlegel, BS in Ed and former USGA Gymnast. Class Fee: \$40

#108930	May 2-23	M	9:30-10:15am
#108931	Jun 6-27	M	9:30-10:15am
#108932	Aug 1-22	M	9:30-10:15am

Dance – Twinkle Toes I

Location: Greystone Community Center
Age: 2-3yrs. Students will love this wonderful introduction to the art of dance! Twirling ribbons, scarves, hoops and music will be used to promote creative movement. Children will enjoy simple steps and dances that introduce them to ballet and jazz. Students will improve confidence, coordination, self esteem and body awareness. This class is designed to help children transition to dancing independently without parent. Instructor: Bethany Schlegel, BS in Education. and former USGA Gymnast. Class Fee: \$40

#109311	May 5-26	Th	11:30am-12:15pm
#109312	Jun 2-23	Th	11:30am-12:15pm
#109314	Aug 4-25	Th	11:30am-12:15pm

Brier Creek

#108934	May 2-23	M	10:30-11:15am
#108935	Jun 6-27	M	10:30-11:15am
#108936	Aug 1-22	M	10:30-11:15am

Dance – Twinkle Toes II

Location: Brier Creek Community Center
Age: 3-4yrs. This fun filled dance class introduces students to beginning ballet and jazz steps, positions, and techniques. This class is twirling ribbons, scarves, hoops, and fun music to encourage creative movement. This class is a great way to improve flexibility, coordination and self esteem. Students will also learn a short dance routine that will be built upon each week of class. Instructor: Bethany Schlegel,

BS in Education. Class Fee: \$40

#108938	May 2-23	M	11:30am-12:15pm
#108939	Jun 6-27	M	11:30am-12:15pm
#108940	Aug 1-22	M	11:30am-12:15pm

Dance – Twirling Ribbons

Location: Laurel Hills Community Center
Age: 2-7yrs. They love it! Colorful ribbon movements creating hoops, loops, figures, floats, swirls, and trains Learn fun dance steps that are short, easy to follow and beautiful to see! Coach Khadija instructs. Class Fee: \$36

Ages 2-3

#108448	Jun 4-25	Sa	11:15-11:45am
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Ages 4-7

#108449	Jul 2-23	Sa	11:15-11:45am
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Enchanted Musical Theater – Sanderford

Location: Sanderford Road Park
Age: 2-5yrs. Come explore the wonderful world of enchanted musical theater. Preschoolers will enjoy the magic of movement while learning fundamental ballet techniques. Creativity and artistic expression encouraged! Class Fee: \$32

#109869	Aug 1-22	M	6:00-7:00pm
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Fun In the Sun Dance Class

Location: Sanderford Road Park
Age: 2-5yrs. This preschool dance class brings the outdoors in by using a beach theme integrating music, ideas, and concepts. Your preschooler is sure to enjoy this spin on your classic dance class! Class Fee: \$32

#109861	May 2-23	M	6:00-7:00pm
#109866	Jun 6-27	M	6:00-7:00pm

Music – Silly Sounds

Location: Marsh Creek Park
Age: 2-3yrs. Parent and child explore the exciting world of sound with sing-a-longs, child safe instruments, movement, and props to promote social and educational development. Hanna Chio instructs. Class Fee: \$36

#110562	May 10-31	T	10:00-10:45am
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Music and Movement – Sing a Song of Summer!

Age: 18mths-3yrs. It's hot outside so stay cool in this lively class for our youngest music lovers! We will explore the magic of summer through song, dance, and dramatic play for tiny toes. Your child will learn about ocean animals, fireflies, summer showers, and many other summer concepts as we sing and dance our way through the season. Special projects include: musical crafts, parachute games, and puppet shows! Each student will receive a music bag which includes a CD of the music from our class. A \$35 materials fee due to instructor at first class meeting. Fee covers music, art supplies and props for each student. Parent/caregiver participation is required. Rhonda

Music and Movement continued next page —

Music and Movement continued —

Felton instructs. Class Fee: \$40

Lake Lynn Community Center

#109224 May 6-Jun 24 F 10:00-11:00am

#109226 Jul 1-Aug 26 F 10:00-11:00am

Brier Creek Community Center

#108944 May 4-Jun 22 W 10:30-11:15am

#108945 Jun 29-Aug 24 W 10:30-11:15am

Music, Mom, and Me

Location: Marsh Creek Park

Age: 9-23mths. Parent and child explore the exciting world of sound with sing-a-longs, child safe instruments, movement, and props to promote social and educational development. Hanna Chio instructs. Class Fee: \$36

#110561 May 10-31 T 10:45-11:15am

Preschool – Beginning Ballet

Location: Sertoma Arts Center

Age: 30mths-4yrs. Class participants will learn the basics of ballet in a fun and positive atmosphere. Through a variety of different imaginative activities children will learn basic ballet feet and arm positions, jumps, and traveling dance steps. Each class is action packed and will include many manipulatives (bean bags, rhythm sticks, parachute, and more!). Bring a friend and come join the fun! DeAnna Stojn instructs. Class Fee: \$54

#106871 May 2-Jun 6 M 4:00-4:45pm
no class May 30#106872 Jun 13-Jul 18 M 4:00-4:45pm
no class July 4

#106873 Jul 25-Aug 29 M 4:00-4:45pm

Preschool – Mom and Me – Grooving to the Music

Location: Sertoma Arts Center

Age: 1-2yrs. Bring your favorite toddler and come join the fun! We will be moving and grooving to the beat while learning more about dance. Each fast paced class will include mom and me dances, bean bags, rhythm sticks, hula hoops, balls, and parachutes. This is a great action packed opportunity to build memories with your child (and learn different movement activities you can do at home with your child too!).

Instructors: DeAnna Stojn. Class Fee: \$54

#106867 May 2-Jun 6 M 9:30-10:15am
no class May 30#106868 Jun 13-Jul 18 M 9:30-10:15am
no class July 4

#106869 Jul 25-Aug 29 M 9:30-10:15am

Preschool Art – Mini Monets

Location: Sertoma Arts Center

Age: 18-30mths. This class introduces little ones to a variety of art materials through hands on learning. Discovery and creative play encourages the development of motor skills and group social skills. Parent/caregiver attends with child; only child should be registered for class. Michelle Davis instructs. Class Fee: \$54

#107888 May 6-Jun 17 F 9:30-10:30am
no class Jun 10

#107887 Jul 29-Sep 2 F 9:30-10:30am

Preschool Art – Petite Picassos

Location: Sertoma Arts Center

Age: 3-4yrs. Classes will encourage the child to create unique works of art, as we explore different painting and craft techniques. Each week there will be stations set up with separate projects, which children can do at their own pace. No parent required. Michelle Davis instructs. Class Fee: \$54

#107897 May 2-Jun 6 M 9:30-10:30am

#107898 Jul 26-Aug 30 T 9:30-10:30am

Preschool Art Playground

Location: Barwell Road Community Center

Age: 3-5yrs. Join us for a preschool arts playground that includes art projects, great stories and creative movement.

This program is sure to jump start your preschoolers creative urges and get them moving around and being creative. The preschool art playground is taught by Lori Jones. Sign up soon as spaces are limited. Class Fee: \$45

#110218 Jul 12-14 T-Th 10:00am-12:00pm

Princess Ballet

Location: Laurel Hills Community Center

Age: 2-3yrs. Introduce your ballerina to the world of dance through Ballet. We will explore simple, fun elements such as positioning, levels, techniques, point and flex, spatial dynamics and graceful moves. The benefits can include improved balance, coordination, self awareness and the class is a great way to further socialization skills. Coach Khadija instructs. Class Fee: \$36

#108453 May 7-28 Sa 11:15-11:45am

Sensational Summer by Toddler Time

Age: 2-4yrs. Come beat the heat of summer in this art class designed for little fingers.

From creating a colorful finger painted garden to designing their own seashell mosaic, your children will learn so much in this center-based mini-preschool for our smallest students. Also, each week will feature a short Lap-Sit story time and puppet show to introduce your little ones to the joys of reading! So come on down for a jump start on learning and more importantly, a great experience with your child. Parent participation required. \$35 supply fee due to instructor at first class meeting. Class Fee: \$40

Brier Creek Community Center

#108946 May 4-Jun 22 W 11:00am-12:00pm

#108947 Jun 29-Aug 24 W 11:00am-12:00pm

Lake Lynn Community Center

#109248 May 6-Jun 24 F 11:00am-12:00pm

#109249 Jul 1-Aug 26 F 11:00am-12:00pm

Youth**All American Girls Create and Play**

Location: Optimist Community Center

Age: 5-13yrs. Bring your favorite doll and enjoy some special create and play time fun together! We may make crafts, accessories,

read stories, play games, sing and dance or more for you and your doll to enjoy. Each session has a different theme. Cost is per session. Class Fee: \$15

My Doll and Me Tea

#110413 May 14 Sa 10:00am-12:00pm

Slumber Party

#110415 Jun 11 Sa 10:00am-12:00pm

Day At the Beach

#110416 Jul 9 Sa 10:00am-12:00pm

Back To School Blast

#110414 Aug 13 Sa 10:00am-12:00pm

Art – Advance Kids Cartooning

Location: Sertoma Arts Center

Age: 10-15yrs. Students will move past drawing single takes of characters to writing and drawing comics in sequences of panels. You will explore techniques such as quill pens and brushes, inks and watercolors. Prerequisite: Cartooning I or permission. Richard Cloudt instructs. Class Fee: \$60

#108290 Jun 14-Jul 19 T 6:00-7:30pm

Art – Art and Literacy

Location: Sertoma Arts Center

Age: 6-8yrs. Increase your confidence with art and with reading with this art class based on images and stories. **Part I** – Students will create artwork based on what they learn from reading selected children's books. **Part II** – Students will create their own books with stories and illustrations. You may take Part 1 or Part 2 or both. Each class is one week long (5 days) Chelsea Brown instructs. Class Fee: \$70

Part I

#107406 Jun 20-24 M-F 9:30-11:30am

Part II

#107407 Jun 27-Jul 1 M-F 9:30-11:30am

Art – Art Explorers

Location: Sertoma Arts Center

Age: 5-6yrs. This class will explore a variety of techniques that allow for creative expression in a fun and supportive atmosphere. A selection of visual resources will be used to introduce styles, techniques, and artists, and as inspiration for some of the lessons. No sessions are ever the same! Julie Greenberg instructs. Class Fee: \$70

#107387 May 3-Jun 7 T 1:00-3:00pm

#107389 May 3-Jun 7 T 4:00-6:00pm

Art – Basic Drawing Techniques from Contemporary Still Life

Location: Sertoma Arts Center

Age: 12-16yrs. This class will begin with basic concepts on value, perspective and loosening up techniques. A contemporary still life will be the subject matter as we begin with quick gestural drawings and gradually move into longer timed drawings. This class is for anyone who wants to loosen up and learn the freedom that comes after learning the basics. Julie Thomsen instructs. Class Fee: \$70

#107909 Jun 17-Jul 22 F 9:30-11:30am



Art – Finding Your Inner Artist

Location: Sertoma Arts Center
Age: 10-14yrs. This class will encourage a positive environment for kids to learn basic drawing and painting techniques, as well as allow for freedom and space to go outside the box with their own unique creative perceptions. There will be creative still life placements used as props for drawings and paintings. *Students may bring a special item to contribute to the still life, if desired. Julie Thomsen instructs. Class Fee: \$70
#107908 Jun 13-23 M-Th 1:00-3:00pm

Art – Get smART

Location: Sertoma Arts Center
Age: 7-9yrs. Explore a variety of media, such as acrylic painting, watercolors, oil crayons, still life drawing, and illustration. This class is designed for discovery, self-expression, and having fun. No sessions are ever the same! Julie Greenberg instructs. Class Fee: \$70
#107391 May 4-Jun 8 W 4:00-6:00pm
#107393 May 4-Jun 8 W 1:00-3:00pm

Art – Kids Cartooning

Location: Sertoma Arts Center
Age: 10-15yrs. This class will focus on how to draw cartoon characters with complete backgrounds, and introduce students to the basic, core techniques of cartoonists, using pencils, pens and colored pencils. We will also learn how to come up with jokes and stories for our characters. Richard Cloutd instructs. Class Fee: \$60
#108239 May 3-Jun 7 T 4:00-5:30pm

Art – KidzArt

Location: Brier Creek Community Center
Age: 6-12yrs. Drawing classes meet right after school once each week for one hour. Access the power of your imagination... express ideas freely...overcome the impulse to judge yourself or others. Learn what to do with mistakes. Develop your own drawing style. Curriculum will surprise you and is always new...no repeats. Everyone can do it but our Brier Creek is geared to first graders up. High quality artist materials are included. Tuition is based on \$15 per week times the number of weeks in a session. Space is limited so sign up today! Class Fee: \$75

Track 1

#109625 Aug 2-Sep 13 T 4:00-5:00pm

Track 2

#109622 Aug 2-Sep 6 T 4:00-5:00pm

Track 3

#109621 May 24-Jun 21 T 4:00-5:00pm

#109627 Aug 23-Oct 18 T 4:00-5:00pm

Track 4

#109624 Aug 2-Sep 27 T 4:00-5:00pm

Art – Krafty Kids II

Location: Optimist Community Center
Age: 6-10yrs. Join us for a different and creative arts and craft project or edible creation. A new project is introduced with each theme class. Class Fee: \$7 per class

Mother's Day Surprise

#110417 May 13 F 5:15-6:15pm

#110418 May 14 Sa 1:30-2:30pm

Father's Day Surprise

#110419 Jun 10 F 5:15-6:15pm

#110420 Jun 11 Sa 1:30-2:30pm

Made in the USA

#110421 Jul 1 F 5:15-6:15pm

#110423 Jul 2 Sa 1:30-2:30pm

Summer Daze

#110422 Jul 29 F 5:15-6:15pm

#110424 Jul 30 Sa 1:30-2:30pm

Back to School

#110425 Aug 26 F 5:15-6:15pm

#110426 Aug 27 Sa 1:30-2:30pm

Art – Learn to Paint

Location: Sertoma Arts Center
Age: 7-9yrs. This class will give children a starting point for learning how to paint. They will begin by learning the basics of color, brush strokes and painting media in order to transfer these techniques to acrylic painting on canvas. Students will paint from life as well as two dimensional references that they wish to bring in or borrow from the site. Julie Greenberg instructs. Class Fee: \$70
#107397 Jun 14-Jul 19 T 4:00-6:00pm

Art – Marbleizing Paper

Location: Sertoma Arts Center
Age: 12-16yrs. This class will demonstrate the technique of marbleizing paper. In addition to learning the process, students will experience color mixing and exploring shapes and movement within this technique. Finished papers may then be used to create greeting cards, collage and more! Julie Thomsen instructs. Class Fee: \$75
#108533 Jun 27-30 M-Th 1:30-3:30pm

Art – Teen Learn To Paint

Location: Sertoma Arts Center
Age: 12-16yrs. This class will give teens a starting point for learning how to paint. They will begin by learning the basics of color, brush strokes and painting media in order to transfer these techniques to acrylic painting on canvas. Students will paint from life as well as two dimensional references that they wish to bring in or borrow from the site. Julie Greenberg instructs. Class Fee: \$70
#107401 Jul 26-Aug 30 T 4:00-6:00pm

Courtney Johnson Step Team

Location: Sgt. Courtney T. Johnson Center
Age: 8-16yrs. Come and learn the basics of step dancing. Class Fee: \$0
#110509 Mar 29-Jul 5 T 6:00-8:00pm

Creative Exploration – Sanderford

Location: Sanderford Road Park
Age: 6-9yrs. In this class, you will experience creative movements using a variety of themes, ideas, and styles of dance. Looking for a twist to your ordinary dance class? Then this is the class for you! Class Fee: \$32
#109880 Aug 1-22 M 7:00-8:00pm

Dance – Hip Hop Jam

Location: Laurel Hills Community Center
Age: 4-7yrs. Learn the basics of jazz with a hip-hop flare. Have fun with the latest street dancing while developing body awareness, self-image, and confidence. Traditional and innovative steps introduced along with rhythmic movement. Learn Heel Toe, Atlanta Stomp, Step and more. Coach Khadija instructs. Class Fee: \$42
#108447 Jul 2-23 Sa 2:00-2:45pm

Youth Arts continued next page —

Youth Arts continued —

Dance – Introduction to Dance

Location: Sertoma Arts Center

Age: 6-8yrs. Each week will feature a different dance technique (jazz, improvisation, modern, ballet, lyrical, and a review). Classes will include warm up activities, stretches, exciting dance combinations, and dance games. Class is perfect for children thinking about dance or dance enthusiasts who would like to try a new dance form. Deana Stojan instructs. Class Fee: \$54
#106881 Jun 15-Jul 20 W 4:30-5:15pm

Dance – Tap, Step 'n Jazz

Location: Laurel Hills Community Center

Age: 4-7yrs. Learn, perform and enjoy the beautiful discovery of dance. Leap, jump, spin, rock, roll, heel/toe, locomotive movement, up tempo, and moderate rhythmic music. Coach Khadija instructs. Class Fee: \$40

Ages 4-7

#108472 May 3-24 T 5:15-5:45pm
#108471 May 31-Jun 21 T 5:15-5:45pm

Ages 7-12

#108473 Jun 1-22 W 7:15-8:00pm
#108474 Jul 6-27 W 7:15-8:00pm

Dance – Youth Ballet

Location: Sertoma Arts Center

Age: 5-7yrs. Class participants will learn the basics of ballet and also encouraged to try more challenging and age-appropriate ballet steps and dances. Class concepts are taught through a variety of different imaginative activities and dances. Each class is action packed and will include many manipulatives (bean bags, rhythm sticks, parachute, and much more!). No previous dance experience necessary so bring a friend and come join the fun. Deanna Stojan instructs. Class Fee: \$54

#106878 May 2-Jun 6 M 5:00-5:45pm
no class May 30
#106879 Jun 13-Jul 18 M 5:00-5:45pm
no class July 4
#106880 Jul 25-Aug 29 M 5:00-5:45pm

Dance Design

Location: Lions Park Community Center

Age: 4-6yrs. Class will consist of an introduction to modern dance. A class designed to introduce kids to different styles and techniques of dance, balance and control. Come and let yourself feel the rhythm of the beat. Class Fee: \$35
#109205 May 4-25 W 6:30-7:30pm

Dance – Tap and Jazz

Location: Green Road Community Center

Age: 5-11yrs. This class will introduce your child to the basics of tap and jazz dance while enhancing their coordination and self esteem. Dancers will dance with props, hats, batons and flowing ribbons. Coach Khadija instructs. Class Fee: \$40
#107535 May 6-27 F 5:45-6:30pm

Drawing and Painting for Kids

Location: Pullen Arts Center

Age: 6-10yrs. Come explore the elements of design. Classes will focus on line and contrast, value, patterns and textures, shapes, form and space using a variety of two-dimensional media. Then turn your drawings into paintings. We will explore watercolor and tempera paint. Anne Terry instructs (3 sessions). Class Fee: \$45
#110111 Aug 9-11 T-Th 3:30-5:00pm

Jazz Dance Fusion

Location: Sanderford Road Park

Age: 10-14yrs. A funky jazz and hip-hop combination class where you will learn rhythmic hip hop movements with a twist of jazz. If you like to dance, this is the class for you! Class Fee: \$32
#109872 May 2-23 M 7:00-8:00pm
#109874 Jun 6-27 M 7:00-8:00pm

Mini Stitchers

Location: Billmore Hills Community Center

Age: 10-17yrs. Sewing lessons for young people that want to learn how to read a pattern, select fabric and knowledge of sewing machines. The class project will be a tote bag. Class cost does not include material. Class Fee: \$20
#109201 Aug 16-18 T-Th 10:30am-12:00pm

Photography – Youth and Teen Outdoor Nature Photography

Location: Sertoma Arts Center

Age: All Ages. Do you love nature and outdoor creatures? Then this is class for you! Learn how to compose images in an outdoor setting at Shelley Lake and Park. This class will help you with your camera while learning to photograph the Great Outdoors and its inhabitants. Students will learn tricks of the trade at the Sertoma Arts Center before heading outside to shoot. This class is for all levels. Students must bring their own camera, any kind will work! This is a 3-day class. Sol Levine instructs. Class Fee: \$70

Ages 9-12

#107201 May 23-25 M-W 10:00am-12:00pm

Ages 13-17

#107202 Jun 13-15 M-W 10:00am-12:00pm

Photography – Anderson Point Nature Photographers

Location: Anderson Point

Age: 8-15yrs. Tap into your creative side as we meet at Anderson Point Park to photograph nature. Join teacher Lori Jones as she guides students around the park on a wild nature photography safari. The following week we will meet at Barwell Road Center to edit our pictures. This will be followed by a gallery reception to honor you and show off your work to family and friends. Rain dates will be given at the time of registration. Class Fee: \$35

#110256 May 7-14 Sa 10:00am-12:00pm

Photography – Digital Photography Studio

Location: Barwell Road Community Center

Age: 8-15yrs. Over these three days transform your summer into a digital photography studio. Using our digital photography studio photography and edit your digital photographs using Photoshop Elements. Artists will learn techniques for taking great photographs, go on fun photo scavenger hunts. Don't miss out on this fun summer studio project. Class Fee: \$60
#110275 Jul 20-22 W-F 10:00am-12:00pm

Pirouette Ribbon Dance

Location: Laurel Hills Community Center

Ages 3-5yrs. Dancers will dance like stars in the sky while you watch the twinkle in their eyes! We will learn ribbon twirls, spins and a variety of easy dance patterns. Fun, upbeat music accompanies this precious class for both boys and girls. Instructor: Ms. Khadija (Coach K)
#110890 May 2-23 M 2:00-2:45pm

Pottery – Handbuilding for Children

Location: Sertoma Arts Center

Age: 5-8yrs. Children work with real clay and learn various methods of constructing pottery, such as pinch, coil, and slab to form their own unique creations. Pieces will be glazed during the last class so don't miss it! Student's can pick up finished work after course is completed. Mira Casile instructs. Class Fee: \$52

#107935 May 11-Jun 1 W 4:15-5:30pm
#107936 Jun 15-Jul 6 W 2:30-3:45pm
#107937 Jul 20-Aug 10 W 4:15-5:30pm

Pottery – Kids Clay

Location: Pullen Arts Center

Age: 8-12yrs. We will learn and use the basic handbuilding techniques of pinching, coiling and slab work. Daily projects include both sculptural and functional work. Projects may include cups, vases, bowls, relief sculpture tiles, masks, and small sculpture. Creative ideas for personal projects are always welcome. Projects are structured to accommodate both beginners as well as experienced students, with the goal being to learn about clay work and have fun! Art work will be glazed and must be picked up at a later date. Students need to bring a snack. (This class does not qualify students for a studio card). Jayne Cluggish instructs (5 days). Class Fee: \$100
#108504 Jul 11-15 M-F 9:30am-12:30pm

Pottery – Wizards and Lizards in Clay

Location: Sertoma Arts Center

Age: 6-10yrs. Young artists form and sculpt figures or animals, real or mythical from clay. Students are encouraged to use their imaginations to create unique pieces of art. Works are decorated and glazed during the last class and left for firing. Work can be picked up at the Center one week after class

has ended. Materials included. Mira Casile instructs. Class Fee: \$52
 #107942 Jun 15-Jul 6 W 4:15-5:30pm
 #107943 Jun 16-Jul 7 Th 4:15-5:30pm

Princess Ballerinas

Location: Laurel Hills Community Center
 Age: 4-7yrs. Ballerinas will enjoy the beauty and grace of ballet. We will learn, reinforce and perform the basics. Dancers will explore their own artistic expressions through techniques, form and level variations with spatial and locomotive dance skill development. These activities promote body awareness and talent discovery. Fun, educational concepts are incorporated through terms and compositional movement experiences. Coach Khadija instructs. Class Fee: \$42

Ages 4-7

#108455 May 4-25 W 5:15-6:00pm
 #108456 Jun 4-25 Sa 2:00-2:45pm

Ages 3-5

#108462 May 2-23 M 12:30-1:15pm

Youth Performing Arts – Musical Theatre Production

Location: Sertoma Arts Center
 Age: 8-16yrs. In this two-week course, participants will build skills in acting, singing, and dance. Students will also delve into musical theatre production practices as they produce and are cast in Disney's Mulan Jr. Performance will be on Saturday, July 23 at 1:00pm. Instructor: Cathy Minjkives. Cathy teaches theatre and directs shows for Wake County Schools. Class Fee: \$300
 #106900 Jul 11-23 M-Sa 11:00am-5:00pm
 no class July 16

Youth Performing Arts – Raleigh Children's Orchestra

Location: Sertoma Arts Center
 Age: 6-13yrs. The Raleigh Children's Orchestra is a multi-level string orchestra for students in grades 1-7, who have played for 6 months or more. The orchestra provides a rare opportunity for young players to rehearse and perform in an orchestra setting. Each semester begins anew with the learning of new pieces of music, culminating in a free public concert for friends and family. Students provide their own instruments, music stand, and 3-ring binder. Director: Ilse Mann. Concerts: Summer July 28 at 7:00pm at Sertoma. Class Fee: \$77

Full Program Registration

#106896 Jun 2-Jul 28 Th 4:45-5:50am
 #106897 Jun 2-Jul 28 Th 5:50-7:00pm

Youth Workshop Series – Beautiful Ink

Location: Sertoma Arts Center
 Age: 10-15yrs. Students will begin with a guided drawing, define it with a quill pen, and add lasting beauty with colored ink or watercolor paint. For beginning and continuing students. Three consecutive sessions. Anna Sanderson instructs. Class Fee: \$75
 #106666 Jul 25-27 M-W 1:00-3:00pm

Youth Workshop Series – A World of Paint

Location: Sertoma Arts Center
 Age: 7-9yrs. Students will have instruction in drawing, followed by guidance in the use of tempera paint. Enjoy learning to draw and to handle brush and paint in a fun atmosphere. Three consecutive sessions. Anna Sanderson instructs. Class Fee: \$70
 #106662 Jun 14-16 T,W,Th 1:00-3:00pm

Youth Workshop Series – Wonders of Drawing

Location: Sertoma Arts Center
 Age: 9-15yrs. This class is for beginning and advanced students who want to improve their drawing skills. Discover and enhance the satisfaction of expressing what you see in your own individual way. Three consecutive sessions. Anna Sanderson instructs. Class Fee: \$75
 #106663 Jul 11-13 M-W 1:00-3:30pm

Teen

Art – Teen Mural Painting

Location: Sertoma Arts Center
 Age: 13-18yrs. Perfect skills class for the teen interested in learning how to paint large murals both indoor and out! They'll learn how to plan, layout and execute their designs. Last class will also help them learn how to price their murals. A \$12 dollar supply fee is due to instructor it includes a 32 x 40 mural surface, paints and brushes. Students must supply their own 8"x10" or 9"x12" sketch book and a basic set of markers. This workshop is a perfect opportunity for bringing in teens and helping them see real life applications for their art skills. Theresa Brown, instructs. She is a working, professional artist who holds nationwide marketing seminars and whose art marketing expertise can be found at www.ArtCareerExperts.com. Class Fee: \$70
 #109871 May 5-Jun 9 Th 4:30-6:30pm

Pottery – Handbuilding for Youth and Teens

Location: Sertoma Arts Center
 Age: 9-15yrs. Students work with real clay and learn various methods of constructing pottery, such as pinch, coil, and slab to form their own unique creations. Pieces will be glazed during the last class and student can pick up finished work after course is completed. Mira Casile instructs. Class Fee: \$52
 #107939 May 12-Jun 2 Th 4:15-5:30pm
 #107940 Jun 16-Jul 7 Th 2:30-3:45pm
 #107941 Jul 21-Aug 11 Th 4:15-5:30pm

Pottery – Teen Wheel Throwing

Location: Sertoma Arts Center
 Age: 13-16yrs. Teens learn the basics of throwing pots on the potters wheel. Class time includes throwing demonstrations followed by practice time on the wheel. Students work at their own level so teens

with previous throwing experience are welcomed. Class ends with glazing all pots for firing, which can be picked up by the students after class has ended. This class does not qualify participants for a Studio Card. 6 sessions. Mira Casile instructs. Class Fee: \$80

#107944 Jun 16-Jul 21 Th 6:00-8:00pm

Adult

Art – Watercolor Sampler

Location: Lake Lynn Community Center
 Age: 14yrs and up. Discover the colorful world of watercolor painting in this one-day workshop! Artist Laura Azzi will guide you through several fun, basic techniques. You will be given the chance to explore your creativity in a supportive atmosphere. No experience required! All paints and supplies will be provided (including supplies to take home) by the instructor for a \$25 fee payable at class. Class Fee: \$34
 #107700 Aug 14 Su 1:00-5:00pm

Art Workshop – Cards in Watercolor

Location: Lake Lynn Community Center
 Age: 14yrs and up. This one-day workshop will teach you how to make wonderful cards using basic watercolor techniques... no experience required! Artist Laura Azzi will teach you several basic, fun techniques. You will be able to explore color, texture and composition as you create your very own designs. Bring a friend or family member! All paints and supplies will be provided (including supplies to take home) by the instructor for a separate \$25 fee, due to instructor at the class. Class Fee: \$34
 #107699 Jul 17 Su 1:00-4:00pm

Art4Fun Studio: Painting

Location: Pullen Arts Center
 Age: 12-16yrs. Get your pencils and paintbrushes ready to spend the week painting and drawing. This camp will explore drawing techniques, and principles of composition culminating in acrylic paintings. Anna Podris instructs (1 week, 5 sessions). Class Fee: \$100
 #108871 Jun 20-24 M-F 1:00-4:00pm

Ballroom Dance – Friday

Location: Pullen Community Center
 Age: 18yrs and up. Dance the night away with your favorite ballroom dances every Friday night. Weekly admission fee. Class Fee: \$2
 May-August F 7:00-9:00pm

Basket Weaving – Back to the Beach Tote

Location: Millbrook Exchange Community Ctr
 Age: 16yrs and up. Make a fun, easy beach tote! This functional tote measures 16"x8"x16" so it's large enough to hold a beach blanket, towels, magazines—all the things you'll need for a relaxing day at the

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Basket Weaving continued —

beach! Students will learn basket weaving fundamentals such as laying out a base, how to stop and start rows, shaping, and how to attach shaker handles. Beginners are encouraged to register! Example basket will be on display at Millbrook Exchange Community Center. Bring \$20 payable to instructor for basket materials kit. Brenda Elshof instructs. Class Fee: \$25
#109477 Jun 18 Sa 9:30am-2:30pm

Basket Making – Summer Fun Serving Basket

Location: Lake Lynn Community Center
Age: 18yrs and up. Weave a serving basket for the sunny warm days of summer. This basket will be woven on a wooden base with a choice of colored reed. Handles will be woven in for ease of carrying. All levels welcome! A kit fee of \$15 will be payable to the instructor on the class date. Class Fee: \$25
#107698 Jul 16 Sa 9:30am-2:30pm

Belly Dance

Location: Pullen Community Center
Age: 16yrs and up. Learn Belly Rolls, Hip Rolls and Circles, Snake Arms, and Shimmies. Belly Dance develops: FLEXIBILITY, FIRMING UP, FITNESS, ENERGY and SELF ESTEEM. Class Fee: \$40
#108000 May 2-23 M 5:30-6:30pm
#108001 Jun 6-27 M 5:30-6:30pm
#108002 Jul 11-Aug 1 M 5:30-6:30pm
#108003 Aug 8-29 M 5:30-6:30pm

Bookmaking – Leather Long-stitch Book

Location: Pullen Arts Center
Age: 16yrs and up. This class explores the long-stitch book by making a leather covered codex with three different decorative stitches: the cross-hatch, the long-stitch, and the link-stitch. The emphasis of this class is to explore the issues and criteria relevant in making a book using leather cover material and exposed bindings. Supply fee of \$15-20 payable to instructor at first class. Kathy Steinsberger instructs (2 sessions). Class Fee: \$40
#108460 Aug 9-10 T-W 6:30-9:00pm

Dance – Carousel Club

Location: Pullen Community Center
Age: 18yrs and up. Learn how to waltz, cha-cha, rumba, tango, samba, and two step. Each dance step is cued (announced) so the whole group dances in sequence. Join us for a fun and relaxed atmosphere. Partners are required. Level I meets from 11:00am-12:30pm and Level II meets from 12:30-2:30pm. Club Dues. Class Fee: \$1
May-August Sa 11:00am-2:30pm

Dance – Intro to Latin Dance I

Location: Greystone Community Center
Age: 16yrs and up. Learn the Latin rhythms of Salsa, Merengue, Rumba, and Cha Cha. Great exercise while you socialize. Students

are instructed in patterns, technique, leading and following skills, and building their confidence on the dance floor. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Class Fee: \$44
#109926 May 4-25 W 6:00-7:00pm

Dance – Intro to Latin Dance II

Location: Greystone Community Center
Age: 18yrs and up. A continuation of Latin Dance I with more instruction in technique, leading and following skills, and style while increasing the variety of your dance steps. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Prerequisite: Latin Dance I or permission of instructor. Class Fee: \$44
#109905 Jun 8-29 W 6:00-7:00pm

Dance – Intro to Latin Dance III

Location: Greystone Community Center
Age: 16yrs and up. A continuation of Latin Dance II transitioning to intermediate-level instruction in technique, leading and following skills, and style; plus an even greater variety of dance steps. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Prerequisite: Latin Dance II or permission of instructor. Class Fee: \$44
#109913 Jul 13-Aug 3 W 6:00-7:00pm

Dance – Intro to Latin Dance IV

Location: Greystone Community Center
Age: 16yrs and up. A continuation of Latin Dance III – intermediate-level instruction in technique, leading and following skills, and style; plus an even greater variety of dance steps. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Prerequisite: Latin Dance III or permission of instructor. Class Fee: \$44
#109920 Aug 10-31 W 6:00-7:00pm

Dance – Intro to Social Dance I

Location: Greystone Community Center
Age: 16yrs and up. Two left feet? Take that first step on the dance floor with these popular social partner dances: foxtrot, swing, waltz, and hustle! Students are instructed in patterns, technique, leading and following skills, and building their confidence on the dance floor. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Class Fee: \$44
#109884 May 3-24 T 6:00-7:00pm

Dance – Intro to Social Dance II

Location: Greystone Community Center
Age: 16yrs and up. A continuation of Social Dance I with more instruction in technique, leading and following skills, and style while increasing the variety of your dance steps. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Prerequisite: Social Dance I or permission of instructor. Class Fee: \$44
#109885 Jun 7-28 T 6:00-7:00pm

Dance – Intro to Social Dance III

Location: Greystone Community Center
Age: 16yrs and up. A continuation of Social Dance II transitioning to intermediate instruction in technique, leading and following skills, and style; plus even more variety of dance steps. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Prerequisite: Social Dance I or permission of instructor. Class Fee: \$44
#109891 Jul 12-Aug 2 T 6:00-7:00pm

Dance – Intro to Social Dance IV

Location: Greystone Community Center
Age: 16yrs and up. A continuation of Social Dance III involving intermediate instruction in technique, leading and following skills, and style; plus even more variety of dance steps. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Prerequisite: Social Dance III or permission of instructor. Class Fee: \$44
#109899 Aug 9-30 T 6:00-7:00pm

Dance – Latin Dance 1 – Bailes Latinos Nivel 1

Location: Marsh Creek Park
Age: 18-20yrs. Learn the Latin rhythms of Salsa, Merengue, Rumba, and Cha Cha. Great exercise while you socialize. Students are instructed in patterns, technique, leading and following skills, and building their confidence on the dance floor. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Aprenda a bailar ritmos latinos como salsa, merengue, rumba y cha cha. Este es un buen ejercicio que puede practicar de manera social. Los participantes recibirán instrucción de pautas, técnicas y habilidades para llevar, seguir y ganar confianza en la pista de baile. ¡La clase será enseñada por el instructor profesional Kiley Holder en un ambiente cómodo, no competitivo y divertido para todos! ¡No es necesario llevar pareja, pero

las parejas son bienvenidas! El instructor Kiley Holder es también dueño de la compañía de Cool Cats Entertainment. Class Fee: \$40

#108818	May 5-26	Th	7:30-8:30pm
#108832	June 9-30	Th	6:30-7:30pm
#108833	July 5-26	T	7:45-8:45pm

Dance – Latin Dance 2 – Bailes Latinos Nivel 2

Location: Marsh Creek Park

Age: 18yrs and up. Learn the Latin rhythms of Salsa, Merengue, Rumba, and Cha Cha. This is a continuation of Introduction to Latin Dance 1. Students are instructed in patterns, technique, leading and following skills, and building their confidence on the dance floor. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Aprenda a bailar ritmos latinos como salsa, merengue, rumba y cha cha. Esta clase es la continuación de Bailes Latinos Nivel 1. Los participantes recibirán instrucción de pautas, técnicas y habilidades para saber llevar, seguir y ganar confianza en la pista de baile. !La clase será enseñada por el instructor profesional Kiley Holder en un ambiente cómodo, no competitivo y divertido para todos! !No es necesario llevar pareja, pero las parejas son bienvenidas! El instructor Kiley Holder es también dueño de la compañía de Cool Cats Entertainment. Class Fee: \$40

#108835	Jun 9-30	Th	7:30-8:30pm
#108836	Jul 7-28	Th	6:30-7:30pm
#108837	Aug 9-30	T	7:45-8:45pm

Dance – Latin Dance 3 – Bailes Latinos Nivel 3

Location: Marsh Creek Park

Age: 18yrs and up. Learn the Latin rhythms of Salsa, Merengue, Rumba, and Cha Cha. This is a continuation of Introduction to Latin Dance 2. Students are instructed in patterns, technique, leading and following skills, and building their confidence on the dance floor. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Aprenda a bailar ritmos latinos como salsa, merengue, rumba y cha cha. Esta clase es la continuación de Bailes Latinos Nivel 2. Los participantes recibirán instrucción de pautas, técnicas y habilidades para saber llevar, seguir y ganar confianza en la pista de baile. !La clase será enseñada por el instructor profesional Kiley Holder en un ambiente cómodo, no competitivo y divertido para todos! !No es necesario llevar pareja, pero las parejas son bienvenidas! El instructor Kiley Holder es también dueño de la compañía de Cool Cats Entertainment. Class Fee: \$40

#110872	Jul 7-28	Th	7:30-8:30pm
#108843	Aug 11-Sep 1	Th	6:30-7:30pm

Dance – Linedancing

Location: Eastgate Park

Age: 18yrs and up. Do you enjoy line dancing? This class is for beginners and continuing dancers. Come out to Eastgate Park to Mondays to practice and learn new dances. New students should come between 12:30-1:00pm for the introduction to line dancing session and continuing dancing will begin at 1:15pm. Please do not wear fragrance. You may contact the instructor, Alice Zawadzki at 834-4172 with questions regarding the class. Class Fee: \$0

#109162	May 2-Jun 6	M	12:30-3:00pm
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Dance – Latin Dance 4 – Bailes Latinos Nivel 4

Location: Marsh Creek Park

Age: 18yrs and up. Learn the Latin rhythms of Salsa, Merengue, Rumba, and Cha Cha. This is a continuation of Intro to Latin Dance 3. Students are instructed in patterns, technique, leading and following skills, and building their confidence on the dance floor. Class is taught by professional instructor Kiley Holder of Cool Cats Entertainment in a comfortable, non-competitive atmosphere to make it fun for everyone! No partner necessary, but couples are welcome! Aprenda a bailar ritmos latinos como salsa, merengue, rumba y cha cha. Esta clase es la continuación de Bailes Latinos Nivel 3. Los participantes recibirán instrucción de pautas, técnicas y habilidades para saber llevar, seguir y ganar confianza en la pista de baile. !La clase será enseñada por el instructor profesional Kiley Holder en un ambiente cómodo, no competitivo y divertido para todos! !No es necesario llevar pareja, pero las parejas son bienvenidas! El instructor Kiley Holder es también dueño de la compañía de Cool Cats Entertainment. Class Fee: \$40

#108844	Aug 11-Sep 1	Th	7:30-8:30pm
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Dance Workshop Series – Ballroom, Latin and Swing!

Location: Greystone Community Center

Age: 16-99yrs. This series offers workshops in seven individual dance styles. Participants will learn and enhance technique while expanding on the variety of moves in each dance. Each workshop will cover one dance: Swing, Foxtrot, Rumba, Waltz, Salsa, Cha-Cha and Tango. You may sign up for one, a few, or all! Couples are always welcome, but partners are not required. Please consult a physician before beginning any exercise program. Kiley Holder instructs. Class Fee: \$30

East Coast Swing

#109530	May 21	Sa	12:00-2:45pm
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Foxtrot

#109531	Jun 4	Sa	12:00-2:45pm
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Rumba

#109534	Jun 18	Sa	12:00-2:45pm
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Salsa

#109535	Jul 9	Sa	12:00-2:45pm
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Waltz

#109536	Jul 23	Sa	12:00-2:45pm
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Cha Cha

#109537	Aug 6	Sa	12:00-2:45pm
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Tango

#109538	Aug 20	Sa	12:00-2:45pm
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Dance – Raleigh International Folk Dancers

Location: Glen Eden Park

Age: 16yrs and up. Exercise, socialize, and learn the joy of dancing with music from many world cultures. The Raleigh International Folk Dancers teach newcomers through a basic vocabulary workshop and dances. Previous cultural dance styles include Polish, Turkish, Israeli, Romanian, and Bulgarian. Memberships dues are \$1/ person/meeting. No registration necessary. Classes are held at Glen Eden Pilot Park – 1500 Glen Eden Drive. Class Fee: \$1

#108587	May 6-27	F	6:00-10:30pm
#108588	Jun 3-24	F	6:00-10:30pm
#108589	Jul 1-29	F	6:00-10:30pm
#108590	Aug 5-Sep 2	F	6:00-10:30pm

Drawing – Basic Techniques

Location: Sertoma Arts Center

Age: 16yrs and up. This class is for beginners and those who need a refresher. Explore contour, proportion, perspective, form, and value. It is recommended to take a drawing course before any painting course. This will provide a great foundation. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Instructors: Cindy Mounce (days), Chelsea Brown (nights, summer session). Class Fee: \$84

#106661	Jun 15-Jul 20	W	9:30am-12:00pm
#107934	Jun 15-Jul 20	W	7:00-9:30pm



Drawing – Beginning

Location: Pullen Arts Center

Age: 16yrs and up. Learn to draw what you see through the study of contour, composition, perspective, and value. This course provides a good foundation for all painting classes. Students should bring their own supplies. Supply list provided. Leslie Pruneau instructs (6 weeks). Class Fee: \$85

#107717	May 2-Jun 20	M	7:00-9:30pm
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Adult Arts continued next page —

Gallery Program

Pullen Arts Center Gallery Exhibits

105 Pullen Road • Raleigh, 27607
919-996-6126

Gallery Hours – Exhibits at Pullen Arts Center are on display in the lobby during normal operating hours.

M-Th	9am-10pm
F	9am-1pm
Sa	10am-3pm
Su	1-5pm

April-May

- **Books as Bridges** – curated by Kathy Steinsberger

May-June

- **Recorded Constructions** –
Experimental Printmaking by A. Brooke Heuts

July-August

- **Pottery:** The Functional Decoration and Altered Forms of Ken Sedberry

Artists interested in being considered for an exhibition can contact Betty McKim at 996-6126.

Sertoma Arts Center

1400 W. Millbrook Road • Raleigh, 27612
919-420-2329

Gallery Hours – Exhibits are on display in the lobby during normal operating hours.

Display Case and Hall Gallery:

M-Th	9am-10pm
F	9am-1pm
Sa	10am-3pm
Su	1-5pm

Hours are subject to change.

May

- **Hall:** Mesa Somer – Memory and Vision, Gum Dichromate Prints
- **Raleigh Room:** Richard Marshall – The Weird Landscape, Oil on Board
- **Display Cases:** Nancy Rivera Edge – Pottery
- **Open Reception:** May 8 2-4pm

June

- **Hall:** Dawn Franklin – See through the Beauty – Photographs
- **Raleigh Room:** Roxanne Lessa – Quilts
- **Display Cases:** Tim Cherry – Pottery
- **Open Reception:** June 5 2-4pm

July

- **Hall:** Kristie Kim – Painting
- **Raleigh Room:** Cary Photographic Artists
- **Display Cases:** Walter Marinetti – Creating the Urn of Keats – A Study of an Urn – Pottery
- **Open Reception:** July 10 2-4pm

August

- **Hall:** Dan Vaughn – Carolina Coasts and Waterways – Pastels
- **Raleigh Room:** Rose Kennedy – Observations and Interpretation – Pastels and Oils
- **Display Cases:** TBA
- **Open Reception:** August 7 2-4pm

Dates and Times are subject to change please call 919-420-2329 for more information.

Raleigh Arts Commission

Block Gallery Municipal Building Art Exhibition Program

For 27 years, the Block Gallery has served as a premiere exhibition space in the City of Raleigh, connecting local artists to community through ongoing exhibitions and public outreach. Managed by the Raleigh Arts Commission, the gallery was dedicated in 2006 to honor community leader Miriam Preston Block. Located on the first and second floors of downtown Raleigh's municipal building at 222 West Hargett Street, the gallery is open to the public (free of charge), 8:30am-5:15pm, M-F (closed on city holidays).

Additionally, last year the Commission added a new exhibition space for video artwork, Block2, located at the Urban Design Center, 133 Fayetteville Street. The Block2 Street Video Series runs concurrently with the municipal building Block exhibitions.

We hope you can join us for the following exhibitions:

April 7-May 23

- **(Un)Veiled** – Exploring the harmony between opposing influences within layered surfaces.
- **Featured Artists:** Ann Marie Kennedy, Ann Roth, Aditya Shringarpure and Marina Bosetti. (Paper and mixed media works, fiber works, mixed media paintings, and ceramics.)
- **Opening Reception:** April 7, 5-7pm

June 2-July 25

- **Inked: Printmaking 2011** – Transforming age-old printmaking techniques into modern expressions.
- **Guest Curator:** Gretchen Morrissey
- **Featured Artists:** Daniel Allegrucci, Soni Martin, Susan Martin, Brandon Sanderson and Mike Sonnichsen.
- **Opening Reception:** June 2, 5-7pm
- **August 4-September 26**
- **Earthly Musings** – Reflecting on shifting emotions and perceptions of the natural world.
- **Featured Artists:** Jenny Eggleston, Gregg Kemp, Kiki Farish, Gregg Kemp and Teresa Pigeon.
(Mixed media photography, drawing, and photography.)
- **Opening Reception:** August 4, 5-7pm

All opening receptions take place at Block Gallery. Gallery information, dates, and times are subject to change. For more information, visit www.raleighnc.gov/arts (click on Block Gallery) or contact Block Gallery Coordinator, Hannah Costner (hannah.costner@raleighnc.gov).



Adult Arts continued from page 31 —

Drawing – Caricature

Location: Sertoma Arts Center

Age: 16yrs and up. This workshop is for daring adults already adept at drawing a likeness and ready to take on the art of exaggeration. We will touch on the masters—from Daumiere to Hirschfeld, study natural and editorial caricature; then, starting with pencil and moving to professional caricature markers, students will draw from photos they bring of people they would like to draw. 'If a portrait should look like the subject, then a caricature should look even more like the subject—than the subject does.' Richard Cloudt instructs. Class Fee: \$40

#108289 Jul 9 Sa 10:00am-1:00pm

Drawing – the Human Form

Location: Pullen Arts Center

Age: 16yrs and up. Learn to draw people by breaking down the complexities of the human figure into simpler planes and masses. We will study proportion and form through techniques using graphite, charcoal and conte crayon. Prerequisite: Any beginning drawing class. Live model provided. Leslie Pruneau instructs (6 sessions). Class Fee: \$90

#107718 Jul 11-Aug 22 M 7:00-9:30pm

Drawing/Painting – Open Model Studio

Location: Sertoma Arts Center

Age: 16yrs and up. Model Study is a non-instructional studio geared towards artists who want to work with live models. It enables artists working in wet or dry media the opportunity to complete a figurative work. Participants are required to bring their own supplies. A minimum of 6 pre-registered participants is required for the program to take place. This class is monitored by Sertoma approved staff. It is timed allowing for model breaks. We will do the best we can to book the same model for at least 2 weeks in a row. Each session is 4 weeks. All models are fully clothed. Monitor Julie Thomsen. Class Fee: \$40

#109293	May 8-29	Su	1:30-4:30pm
#109294	Jun 5-26	Su	1:30-4:30pm
#109295	Jul 10-31	Su	1:30-4:30pm
#109296	Aug 7-28	Su	1:30-4:30pm

Fibers – Dyeing for Fun

Location: Pullen Arts Center

Age: 16yrs and up. This is an exciting hands on introductory workshop in using Precision MX Fiber Reactive Dyes to create wonderful one of a kind pieces of dyed fabric that can be used for quilts, clothing, home décor, just about anything you can think of! No solid shade dyeing here. Using a low water method, we will be dyeing cotton fabric in plastic food storage containers by mixing up powder dyes and pouring color mixtures over the fabric. Multiple methods will be presented

so that you will feel confident about dyeing at home on your own. Also included will be some examples for Japanese tie dye called Shibori. There will be demos of discharge using Thiox. You will even get a chance to dye a velvet scarf if you are so inclined. No experience necessary! Students provide some supplies (supply list provided with receipt). Addison Paige instructs (2-day workshop). Class Fee: \$120
#108848 Jun 4-5 Sa-Su 9:00am-4:00pm

Fibers – Improvisational Art Quilts

Location: Pullen Arts Center
Age: 16yrs and up. Want to learn to quilt or already know how but don't want to be fussy and precise or follow someone else's pattern? Then try your hand at making an Improvisational Art Quilt wall hanging. You will design and create as you go! We will start by selecting a group of 10 or more fabrics that work together color-wise but vary in print scale and tone to create a lively and interesting combination. You will piece together fabrics in a seemingly random and fun manner that will come together in a cohesive wall quilt. We will also cover some different quilting techniques as well as ways to embellish and finish your project. Addison has been a professional artist for 15+ years selling several different types of work through major art and craft shows and high end craft galleries across the country. She has an MFA from Tyler School of Art in Philadelphia. and has taught college level 2D and 3D design for 8 years. Students bring a sewing machine. Supply List provided. Addison Paige instructs (2 sessions). Class Fee: \$120
#108849 Jul 30-31 Sa-Su 9:00am-4:00pm

Fibers – Learn to Knit

Location: Pullen Arts Center
Age: 16yrs and up. This basic class for beginners will teach you the stitches and techniques needed to begin your knitting projects. Class project will be a scarf. Students bring size 7 or 8 needles (10 inch) and 1 skein of 4-ply knitting yarn. Sharon Petrides instructs (4 weeks). Class Fee: \$33
#108338 May 3-24 T 5:30-7:30pm

Glass – Basic Stained Glass

Location: Pullen Arts Center
Age: 16yrs and up. Turn glass into a vibrant piece of art that will change as the light of the day and seasons progress. In this 15 hour Basic Stained Glass workshop you will craft a panel using the copper foil method from start to finish. Your framed piece will be ready to hang in your favorite sunny window and you will have the resources to turn this exciting craft into a hobby. All supplies included except glass. Student purchases glass from instructor for project (approximately \$25-\$40). Jean Cheely instructs (2 sessions). Class Fee: \$125
#108333 Jun 11-12 Sa-Su 9:00am-4:30pm

Glass – Beaded Bezels for Cabachons

Location: Pullen Arts Center
Age: 16yrs and up. Beaded bezels for cabachons—use stones or fused glass cabachons to bead a bezel. We'll use size 15 and size 11 seed beads with a size 12 beading needle and a one inch cabachon. Bring your own supplies (including white or black Fireline any weight from Walmart or Kmart fishing department) or purchase from instructor; Supplies cost is expected to be about \$7 and up depending on the number of colors your select and the type of cabachon you use. Seed beading requires patience; we hope to finish one bezeled cabachon in class. Class Fee: \$70
#108968 May 28 Sa 10:00am-3:00pm

Glass – Beadmaking Introduction

Location: Pullen Arts Center
Age: 16yrs and up. Receive hands-on experience in creating miniature works of art! This introduction to basic glass bead making includes: glass safety; compatibility of glasses and different glasses available for use; annealing glass; using the 'Hot Head' torch with Mapp gas for lamp working glass beads; building the basic bead; equipment and tools; techniques for decorating beads by making and incorporating stringers and twisters and by applying surface textures. Bullseye glass rods and MAPP gas canisters available for purchase from Pullen Arts supply store (approximately \$35 for a good color assortment of rods and two 1lb MAPP gas canisters). Tools loaned by Pullen Arts. All glass used in a single bead must be compatible. Marjorie Putnam instructs (2 sessions). Class Fee: \$130
#108464 May 21-22 Sa-Su 10:00am-2:00pm

Glass – Beyond Basic Stained Glass

Location: Pullen Arts Center
Age: 16yrs and up. In this class we are going to the next level in stained glass. Basic stained glass is a prerequisite for this exciting jump to incorporating 'found objects' into your stunning stained glass panel. We will talk about design elements and various shapes for panels. Get ready for this fun and intense 15-hour weekend workshop. All supplies included except glass. Prerequisite: Basic Stained Glass with the Pullen Arts Center. Student purchases glass from instructor for project (approximately \$25-\$40). Instructor: Jean Cheely (2 sessions). Class Fee: \$125
#108332 Aug 13-14 Sa-Su 9:00am-4:30pm

Glass – Fused Glass for Jewelry

Location: Pullen Arts Center
Age: 16yrs and up. No experience needed! Work with Bullseye stained glass and compatible dichroic glass (90COE) to make 1/2-2 inch cabachons in a kiln for jewelry pieces. (Later they can be mounted with adhesive, bezels, beaded bezels, PMC, or wire wrapped.) Bring your own 90COE dichroic glass or purchase from the

instructor for approximately \$2 per square inch. Bring your Bullseye scrap or purchase 5' x 5' pieces from the Pullen Arts Center store for \$5 and up. Marjorie Putnam instructs (1 day). Class Fee: \$65
#108463 May 7 Sa 10:00am-2:00pm

Glass – Intro to Glass Fusing and Slumping

Location: Pullen Arts Center
Age: 16yrs and up. This course will introduce you to the exciting art of Warm Glass! Students will use Bullseye brand art glass, stringers, powders, and frit to create pendants and tiles. Included will be instruction in glass compatibility, annealing, and sculpting. After fusing their glass designs in a kiln, students will learn to use molds to slump (the controlled bending or downward sinking of glass while being heated) their fused flat pieces into plates, platters and bowls. Students purchase glass for projects at class (starting at approximately \$30 depending on size and number of projects). Bring only covered containers for drinking. Marjorie Putnam instructs (4 weeks). Class Fee: \$135
#108461 May 4-25 W 6:00-8:30pm

Jewelry – Beginning Metal

Location: Pullen Arts Center
Age: 16yrs and up. Design and construct earrings, pins, pendants, charms, or other small objects and tokens in this basic metal working class. Students will learn to saw, file, hammer, and solder wire and sheet metals to create individual projects. Students purchase silver for projects (orders taken first class, approximately \$25) There will also be a \$20 supply fee due at the first class. This will provide each student with solder, sawblades, drill bit, flux brush, sandpaper and a small amount of copper sheet and wire to get started on projects. Instructors: Betty McKim, Megan Clark, Amy Veatch, or Julia Cozart (6 weeks). Class Fee: \$96
#107705 May 16-Jun 27 M 7:00-9:30pm
#107703 Jun 8-Jul 13 W 7:00-9:30pm

Jewelry – Enameling Introduction

Location: Pullen Arts Center
Age: 16yrs and up. Come explore fusing ground glass onto metal in this introductory enameling course. There are many methods of technique and application that provide widely varying results. In this course students will explore several basic enameling techniques, and will utilize both the kiln and the torch as a means to fuse the glass. Students are encouraged to bring an open mind, a willingness to experiment and work hard as the possibilities are endless! Prerequisite: Beginning Metal at Pullen Art Center. Students should expect to pay approximately \$10-\$20 for supplies at first class. Julie Price instructs (2 sessions). Class Fee: \$110
#108915 Jul 16-17 Sa-Su 9:00am-4:00pm

Adult Arts continued next page —

Adult Arts continued —

Jewelry – Hydraulic Press Class

Location: Pullen Arts Center

Age: 16yrs and up. Learn how to emboss, raise metal, and make hollow forms while maintaining surface embellishment. Prerequisite: Beginning Jewelry at Pullen Arts. Silver ordered first class (approximately \$25). Julie Price instructs (6 weeks). Class Fee: \$96

#108841 Jul 26-Aug 30 T 7:00-9:30pm

Jewelry – Lovely Leftover Necklaces and Bracelets

Location: Sertoma Arts Center

Age: 16yrs and up. Pull out your leftover seed beads, pearls, etc. or choose some favorite colors to create these two necklaces. These are simple, inexpensive and lovely. See example at www.jamieartandphotography.com. Jamie Miller instructs. If you did not receive your supply list please call 420-2329. Class Fee: \$45

#109274 Aug 3-17 W 6:30-9:30pm

Jewelry – Metal Continuing

Location: Pullen Arts Center

Age: 16yrs and up. Continue to expand your skills working independently and on assigned projects to further your knowledge of jewelry techniques. Explore methods of stone setting and hollow form construction. Silver supplies ordered first class (approximately \$25). There will also be a \$20 supply fee due at the first class. This will provide each student with solder, sawblades, drill bit, flux brush, sandpaper and a small amount of copper sheet and wire to get started on projects. Prerequisite: Beginning Metal Jewelry at Pullen Arts. Instructors: Betty McKim, Megan Clark, or Amy Veatch (6 weeks). Class Fee: \$96

#107707 Jul 11-Aug 15 M 7:00-9:30pm
#107708 Jul 27-Aug 31 W 7:00-9:30pm

Jewelry – Open Studio

Location: Pullen Arts Center

Age: 16yrs and up. This class is for the moderately experienced metalsmith who wants to spend studio time with the aid of a knowledgeable instructor. You can design and fabricate your ideas in silver, copper, brass, gold or gold bi-metal, or finish up an existing project. Prerequisite Beginning Metals at Pullen. The instructor will assist you with design, texture, soldering, bezel setting and most other simple techniques. Lillian Jones instructs (6 weeks). Class Fee: \$112

#108839 Jun 14-Jul 19 T 6:30-9:30pm

Jewelry – Ring Making Workshop

Location: Pullen Arts Center

Age: 16yrs and up. Rings, Rings, Rings: Adorning the finger has been a tradition for ages. Rings are loaded with historical meaning. They can symbolize love/marriage, evoke nostalgia, embody authority or status, and portray accomplishments or affiliations. They can be made for everyday use or for special events. They can be understated or fancifully flamboyant. This class will explore jewelry design, fabrication, stone setting, and assembling techniques that are related to the ring concept. Aesthetic value of jewelry comes from the artist's imagination and execution rather than from the size of the stone or value of the metal. We will fashion rings of personal importance, expression, and adornment. This class will center around lecture and demonstration with plenty of time for individual attention. We will attempt to create jewelry that is unpredictable, honest, visually complex, bold, confident, simple and beautiful. Basic metalworking skills required. Tim Lazure instructs (2 sessions). Class Fee: \$120

#108870 May 14-15 Sa-Su 9:00am-4:00pm

Jewelry – Forging Workshop

Location: Pullen Arts Center

Age: 16yrs and up. This workshop is about hammer forging to manipulate metal for jewelry making. Basic and advanced forging technique, tools and tool preparation, as well as forging for production will be covered. Some flex shaft and finishing techniques will also be demonstrated. Ben Dyer instructs (2 sessions). Class Fee: \$190

#108902 Jun 4-5 Sa-Su 9:00am-4:00pm

Jewelry: Tell Your Story – A Narrative Brooch

Location: Pullen Arts Center

Age: 16yrs and up. In this workshop we will use imagery to create a brooch that tells a story. Students will explore various techniques to incorporate images in their work including image transfer, etching, sawing and piercing, and painting and drawing on enamel. We will fabricate a pin finding to complete our brooch. Bring images that inspire you and photos of people or places that are significant to you and be ready to create a brooch that tells your story. Kathryn Osgood instructs (2 sessions). Class Fee: \$120

#108900 Aug 20-21 Sa-Su 9:00am-4:00pm

Jewelry – Simple Spiral Bracelet

Location: Sertoma Arts Center

Age: 16yrs and up. Using a simple, straightforward method of right angle weave, we will create a lovely bracelet that looks like a spiral rope. Examples can be seen at www.jamieartandphotography.com. Jamie Miller instructs. If you do not receive your supply list call 420-2329 and we will send it or email it to you. Class Fee: \$40

#109247 Aug 13 Sa 1:00-4:45pm

Jewelry – String Beading with Gem Show Field Trip

Location: Sertoma Arts Center

Age: 16yrs and up. Create your own semi-precious jewelry masterpiece(s) of your own design. Class will include a trip to the Jewelry and Gem show at the State Fairgrounds on Sunday, June 12 where students will purchase their material. First class is mandatory. No prior experience needed. Gem show details will be provided in the first class, all students are responsible for their own transportation. Marla Ainspan instructs. If your supply list does not print on your confirmation please call 919-420-2329. Class meets on June 12 for field trip. Class Fee: \$45

#108536 Jun 6-Jun 27 M 6:30-9:00pm
no class Jun 13

Mat Cutting – Mat Cutting Basics

Location: Sertoma Arts Center

Age: 16yrs and up. This class is for those wishing to learn basic mat design and cutting. This class will qualify you to use the center's C&H professional mat cutter, paper cutter and shrink wrapping equipment. In addition image mounting preparatory to framing and shrink wrapping will be covered. The student will design and cut a single mat during the class. Instruction will also be provided for designing and cutting of double mats. Glen Wells instructs. Student must bring a photo or artwork to mat in class (no larger than 11"x14") and their own mat board and foam core large enough to mat their art at least once. Class Fee: \$28

#106882 May 11 W 6:00-9:00pm
#106883 Jun 2 Th 6:00-9:00pm

Mixed Media – Painting, Collage, and Monoprint with Anna Podris

Location: Pullen Arts Center

Age: 16yrs and up. A multi-disciplinary class that will include monoprint, gouache painting and encaustic painting. We will focus on layering and integrating techniques as well as a concentration on color harmonies. Anna Podris instructs. Class Fee: \$90

#108872 May 11-Jun 15 W 7:00-9:30pm

**To see a world in a grain of sand,
and a heaven in a wildflower...hold infinity in the
palm of your hand, and eternity in an hour.** William Blake

Mixed Media – Photomontage Collage

Location: Sertoma Arts Center

Age: 16yrs and up. "Repurpose" images from printed materials (magazines, catalogs, photographs) to make beautiful and/or humorous, imaginative works of art. In this class we will create works that have special meaning to each participant as we consider and incorporate personal symbolism. Liz Roetzel instructs. Class Fee: \$84
#108538 Jun 15-Jul 20 W 7:00-9:00pm

Nature Photography for Beginners

Location: Lake Johnson

Age: 18-85yrs. This class will introduce techniques and principles of photography that will improve your photography skills. Learn how to maximize your cameras potential to capture beautiful photos of Lake Johnson's flora and fauna. This course is suited to the beginner or intermediate photographer. Class Fee: \$60
#108450 May 5-26 Th 6:00-8:00pm
#108451 Jul 7-28 Th 6:00-8:00pm

Painting – Advanced

Location: Pullen Arts Center

Age: 16yrs and up. So you have been painting for a while and have reached a plateau where you just do not know what to do to get the next level. Or maybe you have had to take a break from painting due to other life priorities and need to brush up on your skills. This class is for the painter who is familiar with their medium and is trying to clearly express themselves through the application of paint. Painters work independently and the class sessions provide individual and class critiques, as well as lectures on other artists and painting concepts. Previous painting experience is required. Students furnish their own supplies. Class limit is 12 students. Leslie Pruneau instructs (6 weeks). Class Fee: \$90
#107716 May 2-Jun 20 M 1:00-4:00pm
#107709 Jun 1-Jul 13 W 9:30am-12:30pm
#107710 Jun 2-Jul 14 Th 9:30am-12:30pm
#107711 Jul 11-Aug 22 M 1:00-4:00pm
#107712 Jul 27-Sep 7 W 9:30am-12:30pm
#107713 Jul 28-Sep 8 Th 9:30am-12:30pm

Painting – Adventures in Watercolor

Location: Sertoma Arts Center

Age: 16yrs and up. Explore all the essential watercolor basics and the 'rules' and 'no-rules' of watercolor. Gain confidence in using this incredible medium. Learn what you need to know to paint beautiful watercolors, while creating several no-stress paintings in class. This class is for beginners and those who want to strengthen their skills. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Laura Azzi instructs. Class Fee: \$84
#108292 May 4-Jun 8 W 1:00-3:30pm
#108293 Aug 3-Sep 7 W 1:00-3:30pm
#108317 May 5-Jun 9 Th 7:00-9:30pm
#108318 Jul 28-Sep 1 Th 7:00-9:30pm

Painting – Beginning Acrylics

Location: Sertoma Arts Center

Age: 15yrs and up. This basic class offers students a gentle introduction to acrylic painting or a reintroduction to basic concepts, with a focus on getting started. Students will work from life using simple still-life arrangements, from their own photos, or their imagination. Students will learn about materials, color mixing, shape, and perspective. Informal lessons, paint-along demonstrations will assist as you learn at your own pace. Supply list will be provided. Larry Dean instructs. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Class Fee: \$84
#106659 May 3-Jun 7 T 1:00-3:30pm

Painting – Beginning Painting

Location: Sertoma Arts Center

Age: 16yrs and up. This beginning class offers students a gentle introduction to painting or a reintroduction to basic concepts, with a focus on getting started. Students will work from life using simple still-life arrangements, from their own photos, or imagination. Students will learn about materials, color mixing, shape, and perspective. Informal lessons, paint-along demonstrations will assist as you learn at your own pace. Students may work in acrylics, or traditional oil paints. Larry Dean instructs. Class Fee: \$84
#106653 May 3-Jun 7 T 6:30-9:00pm

Painting – Beginning Watercolor, Groundwork for Adventure

Location: Pullen Arts Center

Age: 16yrs and up. Students will learn the basic skills of watercolor painting that create it's colorful and glowing effects. Properties of paints, paper, and brushes. Wet and dry techniques, washes, glazes and traditional methods of developing a watercolor painting will be demonstrated and practiced. An understanding of how pigment and water work along with emphasis on specific brush skills will allow students to confidently paint. Skills learned will include: use of color wheel, how values work, the importance of leaving your whites, mixing bright colors, neutrals, and darks. Students provide their own supplies, supply list included. Rick Bennett instructs (6 weeks). Class Fee: \$85
#108335 May 26-Jun 30 Th 7:00-9:30pm

Painting – Continuing Acrylics

Location: Sertoma Arts Center

Age: 16yrs and up. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works in progress. Instructions will include more about color mixing, shape, and perspective. Informal advice will assist as you learn at your own pace. Subjects covered range from selecting a subject to

varnishing the finished work. Supply list will be provided. Larry Dean instructs. Students should receive supply list upon registration. Call Sertoma at 420-2329 if you do not receive your list. Class Fee: \$70
#106660 Aug 2-30 T 1:00-3:30pm

Painting – Continuing Painting

Location: Sertoma Arts Center

Age: 16yrs and up. Students have usually taken a beginning class. Students will work on projects of their own choice. They may also bring works in progress. Instructions will include more about color mixing, shape, and perspective. Informal advice, paint-along demonstrations will assist as you learn at your own pace. Subjects covered go from selecting a subject to varnishing the finished work. Students may work in acrylics, or oil paints. Larry Dean instructs. Class Fee: \$84
#106656 Jul 26-Aug 30 T 6:30-9:00pm

Painting – Encaustic with Anna Podris

Location: Pullen Arts Center

Age: 16yrs and up. Come paint with wax! Explore encaustic painting, an ancient medium, in this beginner level class. Learn to scrape, incise, stencil, and paint to create imagery. Also try out using wax as part of a mixed media piece. Some painting or drawing experience necessary. A supply fee of \$40 will be due at the first class meeting. Anna Podris instructs (6 weeks). Class Fee: \$100
#108873 Aug 10-Sep 14 W 7:00-9:30pm

Painting – Exploring Abstract Painting

Location: Pullen Arts Center

Age: 16yrs and up. Whirl, spin, throw, splatter, pop! How do they get all those paint strokes to equal an abstract painting that works? We will explore these concepts in this fun abstract painting class. Learn what techniques used together create a dynamic abstract, or dynamic background for a representational painting. We'll go over composition, values, hues, tones, shapes, and color combinations. No prior experience required. You'll take home a finished abstract or two! Instructor will provide supplies for \$10 supply fee. Rebecca Rousseau instructs (1 day). Class Fee: \$35
#108336 Aug 13 Sa 10:00am-2:30pm

Painting – Impressionistic Landscapes

Location: Pullen Arts Center

Age: 16yrs and up. The students will learn and use the Impressionist's palette and soft application of paint to create colorful landscapes. Acrylic paint will be used to express your artistic vision and to represent your favorite landscape. You will learn color mixing, choosing colors that work well together, paint application methods, creating

Impressionistic Landscapes continued next page —

Impressionistic Landscapes continued —

texture, and other basic painting techniques that will aid in making fun and exciting paintings. By the end of this class you will have developed a one-of-a-kind completed work of art that will be ready to display. Instructor will provide supplies for \$10 supply fee. Rebecca Rousseau instructs (1 day). Class Fee: \$35
#108337 Aug 27 Sa 10:00am-2:30pm

Painting – Landscape Expressions

Location: Pullen Arts Center
Age: 16yrs and up. Landscape has been the subject for artists for many centuries. How the artist expresses that subject in painting has changed a great deal over time. Through 'mini' color studies and demonstrations, one will find how very diversely 'a tree and a path' or 'the rocky mountain stream' can be expressed. Or that a tree is not merely 'green leaves and a brown trunk'. We will discuss different styles of landscape paintings in art history. Our inspiration will be from photos, copies of other masterful works as well as sketches that you will complete outside of the class. Color is pure expression. Yes, there are tricks to the trade, but all and all it comes strictly from the artist. This is an open medium class with demonstrations in both paints and dry mediums. Students should be familiar with the medium(s) they want to work with in this class; bring supplies you already have and are comfortable with. Leslie Pruneau instructs (6 weeks). Class Fee: \$85
#108845 Jun 1-Jul 13 W 7:00-9:30pm

Painting – Painting without Fear

Location: Sertoma Arts Center
Age: 16yrs and up. This beginning painting course will give students basic techniques and familiarity with the materials for painting with acrylics. Loosen up and let the paint do the talking, creating paintings from photographs that have the freshness of plein air. Larry will demonstrate how to exaggerate the color in a photograph and to apply a bright underpainting in acrylic. We will explore subjects using photography as a useful tool. Emphasis will be on color mixing, perspective, color choices, editing and composition. Step-by-step projects will lead to surprising results in an atmosphere of fun and discovery. Students should come to class with a selection of photos. Lots of individual attention will be provided. Supply list will be provided. Larry Dean instructs. Class Fee: \$84
#106658 Jul 25-Aug 29 M 6:30-9:00pm

Painting – Watercolor II, Achieving the next level

Location: Pullen Arts Center
Age: 16yrs and up. Intermediate and advanced students will refine and learn new brush skills to allow them to paint with confidence, achieve glowing colors and rich darks. Three major styles of developing a watercolor painting; Quick Sketch, Layered

Approach and Sectional Development will be explored and practiced. Methods of developing a successful painting with consideration of composition, developing the space, value, light and shadow and atmosphere will be discussed. Abstract painting will be used to develop gestural brush strokes, looser style and methods of mixing colors on the paper. Students will be encouraged to identify skills they want to work on and given assistance with problem areas. Students provide their own supplies. Supply list included. Rick Bennett instructs (6 weeks). Class Fee: \$85
#108334 Jul 14-Aug 18 Th 7:00-9:30pm

Painting Workshop – Watercolor Sampler

Location: Sertoma Arts Center
Age: 16yrs and up. Basic Watercolor Sampler Do you want to try watercolor painting before you sign up for a whole course? Than this is the class for you! Students learn the basic brush strokes, color mixing, and applying water media paint, composition, and color theory. Come express your creative self through watercolor! \$20 supply fee due to instructor students do not have to bring any supplies. Laura Azzi instructs. Class Fee: \$38
#108322 Aug 12 F 9:30am-12:45pm

Pen and Ink – Techniques for Illustration and Cartooning

Location: Pullen Arts Center
Age: 16yrs and up. Create your own characters for illustrations and/or cartooning using pen and ink techniques. We will study stippling, hatching, and shading using dip pens, brush and ink and technical pens. Students should bring their own supplies. Supply List provided with receipt. Keith Norval instructs (4 weeks). Class Fee: \$65
#108465 Jun 23-Jul 21 Th 7:00-9:30pm

Photography – Intermediate Digital Photography

Location: Sertoma Arts Center
Age: 16yrs and up. After a brief review of some fundamentals, students will learn how and when to use aperture priority, shutter priority or manual modes, understand in-camera metering, interpret histograms and use that information to achieve better exposures faster, 'how to drag' the shutter and clean sensors. We will also cover custom white balances, exposure bracketing, use of gray and white cards, the best techniques for 'shake-free' shooting without a tripod, and more. Bring camera, extra batteries, empty memory cards, camera manual, tripod (if you have one.) Suitable for people with DSLRs and advanced point and shoot cameras with Aperture, Shutter and manual modes. A \$15 supply fee is due to instructor for software and related items. Ted Salamone instructs. Class Fee: \$70
#110882 Jun 15-29 W 6:30-9:30pm

Photography – Darkroom Guided Open Studio

Location: Sertoma Arts Center
Age: 16yrs and up. The black and white darkroom facility has 6 enlargers for use. Participants must purchase chemicals from Sertoma and provide their own paper each visit. Participants must be at least 16 years old, have taken and completed either Beginning or Intermediate Darkroom at Sertoma or provide proof of experience and sign a studio usage agreement. Studio is available for use during scheduled times only. Dates and Times are subject to change. Open Studio does not include formal instruction; it is run by Sertoma Approved Monitors Only. Anyone not in compliance with the studio policies and procedures may lose their privileges. Studio must meet the minimum enrollment to run. If there is space available once the class meets minimum enrollment drop in rates may be available. Call 420-2329 to check availability. Advance Registration is advised. Class Fee: \$35
#107116 May 2-23 M 7:00-9:30pm
#107128 Jun 6-27 M 7:00-9:30pm
#107129 Aug 1-22 M 7:00-9:30pm
#107130 May 7-28 Sa 10:30am-1:00pm
#107131 Jun 4-25 Sa 10:30am-1:00pm
#107132 Aug 6-27 Sa 10:30am-1:00pm

Photography – Advance Digital Photography

Location: Sertoma Arts Center
Age: 16yrs and up. This course is for those who have taken an intro digital photo course/understands aperture, shutter, and ISO settings. You will move into advanced amateur/semi-pro status as a photographer. You will be able to identify the conditions for using aperture and shutter priority or manual modes, perform custom white balances, interpret histograms, understand metering, set custom functions in their cameras, 'drag' the shutter, clean their sensors, understand the legal rights of photographers, use exposure bracketing, become with external flash techniques and have basic knowledge of camera raw imagery and composition. This is a hands-on class, so bring your DSLR or advanced Point and Shoot, its manual, batteries and memory to every class. A \$15 supply fee is due to instructor. Theodore Salamone instructs. Class Fee: \$70
#108508 Jul 26-Aug 9 T 6:30-9:30pm

Photography – Basic Digital Photography

Location: Sertoma Arts Center
Age: 16yrs and up. This course is ideal for anyone who owns a digital camera (DSLR or Point and Shoot) or is interested in buying or upgrading one. Students will be able to download images to a computer, email images, achieve correct exposures, avoid red-eye, understand color space and white balance, and maintain their cameras and

lenses, and more. You will understand the basics of Scenic modes, Program mode, Aperture Priority, Shutter Priority, Manual modes, Depth of Field, ISO and more. This course is mainly a hands-on class, so bring your DSLR or Point and Shoot, its manual, batteries and memory cards to every class. A \$15 supply fee is due to instructor. Theodore Salamone instructs. Class Fee: \$70
#108506 May 10-24 T 6:30-9:30pm

Photography – Beginning Darkroom

Location: Sertoma Arts Center
Age: 13yrs and up. Learn how to process black and white film and print your own pictures. Printing processes, composition, and shooting techniques are explored. Students will need their own 35mm or medium format camera. Upon completion of first four classes, students become eligible to purchase a darkroom studio card. Students must attend first class. Instructor will inform students of specific supplies. Includes all chemicals. This class is for ages 13 and up; students 13-15 must be accompanied by a registered adult taking the class. Jamaica Gilmer instructs. Class Fee: \$105
#107861 May 5-Jun 9 Th 7:00-9:30pm

Photography – Intermediate Darkroom

Location: Sertoma Arts Center
Age: 13yrs and up. A 6-week class designed for anyone with basic darkroom skills who would like to advance to the next level. Emphasis will be on creating a new body of work consisting of images that are related in a meaningful way. The bulk of the class will be spent on supervised printing with breaks for critique and troubleshooting. (Bring: B&W negatives and photographic paper chemicals included) Students must attend first class. This class is for ages 13 and up; students 13-15 must be accompanied by a registered adult taking the class. Class Fee: \$105
#107864 Jun 16-Jul 21 Th 7:00-9:30pm

Photography – Night and Low Light

Location: Sertoma Arts Center
Age: 16yrs and up. Enrollees will learn how to shoot in low light by balancing ISO, aperture and shutter settings to produce the best exposures possible with the least amount of digital noise. We will explore white balance settings for images shot under mixed color temperature lights, and how to drag the shutter in Manual mode. From capturing the final rays of the 'Golden Hour' to using tripods and remote shutter releases, students will learn techniques to achieve a creative balance between environmental artificial lighting and the waning light needed to produce a blue sky. Enrollees will learn how to autofocus in low-contrast settings, second curtain procedures, long exposure techniques and more. Ted Salamone instructs. Bring camera, camera manual, external flash and manual (if you have

them), extra batteries, tripod optional. \$15 dollar supply fee is due to instructor for software and related materials. Class Fee: \$70
#108509 Jul 28-Aug 4 Th 6:30-9:30pm

Photography – Photo Field Trips

Location: Sertoma Arts Center
Age: 16yrs and up. In the Triangle, NC's dynamic region, explore the cities, sights and sounds while creating memorable photographs. More than a souvenir, a photography class with a sampling of regional flair. Visit some of areas most exciting locations, off-the-beaten path neighborhoods, and picture perfect locations—just a short drive from the city, all thru the eyes of a photographer. Sertoma Photo Field trips are for visitors to the city and residents who want to explore their own backyard, and learn some creative photo techniques along the way. Take all the workshops or just one or two. Each has its own unique topic and views. Patrons are required to drive to each location on their own and they may be required to pay an additional entrance fee if required by the location. Bring camera, extra batteries, camera manual, empty memory cards, and external flash and tripod (optional). Ted Salamone instructs. Class Fee: \$40

Yates Mill Pond – Landscape – Raleigh
#108510 May 7 Sa 9:00am-1:00pm
Duke Homestead – Architecture (Durham, NC)
#108511 May 14 Sa 9:00am-1:00pm
Downtown Raleigh – High Dynamic Range Architecture
#108512 Jun 18 Sa 9:00am-1:00pm
Butterfly House – Macro – Durham, NC
#108513 Jun 25 Sa 10:00am-1:00pm
Raleigh Warehouse District – Urban Portraits – Live Model
#108514 Jul 9 Sa 9:00am-1:00pm

Photography – Sports Photography

Location: Sertoma Arts Center
Age: 16yrs and up. If you love the action and excitement of sports and want to learn how to capture the action then this is the class for you! The first class will be explaining how to photograph and set up for shooting sports. The second will be shooting a game, sports event and location will be provided the in the first class. The third will be printing photos, all students my have experience in black and white photography and development. This is not a darkroom instruction class. Students should bring film already processed ready to print, chemicals included. The forth will be a review of work. Students must provide their own transportation to the sporting event and be prepared to pay an entrance fee. Prerequisite: Must have your own 35mm camera, black and white film and experience printing images in the a darkroom. Beatrice Yaxley instructs. Class Fee: \$70
#109887 Jun 28-Jul 19 T 6:30-9:30pm

Photography – Telling the Story

Location: Sertoma Arts Center
Age: 13yrs and up. This course is designed to help you tell stories about the people you care about through black and white photography and interviews. Be it friend or family, everybody has a story! Whose story do you want to tell. Students will conceptualize how to capture each unique story in 3-5 images. Basic darkroom photography required. You will not be getting darkroom instruction. Photo chemicals are supplied students must supply their own camera, film and print paper. Students ages 13-15 must be accompanied by a registered adult. Jamaica Gilmer instructs. Class Fee: \$105
#108532 Jul 27-Aug 31 W 6:30-9:30pm

Photography – Taking your Photography to the Next Level

Location: Barwell Road Community Center
Age: 15yrs and up. Learn how to improve your photographic compositions. We will cover basic concepts and camera techniques. We will use examples from classic images over the past century to illustrate. Learn to develop your 'eye' and understand how best to compose your image to get the best shot possible. Instructor will assign homework to bring back to the second class for review. Patrick Day instructs. Skillset: Any. Class Fee: \$60
#109667 Jun 11-18 Sa 12:00-3:00pm

Photography: Advanced – Beyond Exposure

Location: Barwell Road Community Center
Age: 17yrs and up. You understand the basics of photography, now you want to explore new and different techniques. This class will give you an understanding and enough knowledge to create new and creative photographs. We will discuss how to create panoramic, HDR (High Dynamic Range), and macro images. We will also look at action, night, flash, and tripod shooting. Attendees should have a working knowledge of their camera and basic understanding of photographic theory (ISO/Aperture/Time, Depth of Field, etc.). Reference handouts will be provided. Class Fee: \$45
#109879 Aug 6 Sa 10:00am-1:00pm

Photography: Introduction to Photography – Camera 101

Location: Barwell Road Community Center
Age: 17yrs and up. Have you just purchased a camera and have no idea what to do? Do you always keep your settings on Auto? What is that flashing light and what is the camera telling me? This class will answer those questions and whether you're using a point-and-shoot or a DSLR. We'll show you how to feel confident with your camera and go beyond Auto. Bring your camera and questions! Handouts will also be provided. Class Fee: \$35
#109653 May 14 Sa 10:00am-1:00pm

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Photography – Digital Panoramic Photography

Location: Barwell Road Community Center
Age: 15yrs and up. Learn the basics techniques of taking panoramic photographs. Once you have the images, we'll review some of the best software to stitch them into a panoramic. Skillset: intermediate (Camera and PC knowledge). Tripod suggested. Class Fee: \$35
#109679 Jun 15 W 6:00-9:00pm

Photography – Evening Discussions with a Photographer

Location: Barwell Road Community Center
Age: 15yrs and up. Join professional photographer and teacher Patrick Day as he leads discussions and provides insights into several topics that are on the forefront of photography. All classes will be held at the Barwell Road Community Center and no supplies will be needed. This is a inexpensive way to meet fellow photographers in the area and get some cutting edge information about photography. Class Fee: \$5

Digital Image Workflow: Managing Your Photo Files

#110396 May 11 W 6:30-8:30pm

Cool Gear: I Did Not Know They Made That!

#110397 Jun 8 W 6:30-8:30pm

Photography Using i Applications

#110398 Jul 13 W 6:30-8:30pm

Simple Portrait Lighting

#110399 Aug 10 W 6:30-8:30pm

Photography – Practical Critique Workshop

Location: Barwell Road Community Center
Age: 15yrs and up. Do you have some pictures that you'd like to get feedback from your peers? This is your opportunity to have your work reviewed by peers and professionals in an open and complimentary environment. Students can bring in 1-4 images DIGITAL images on CD or thumbdrive in PC format. Please, no printed or framed pieces. Each image will be displayed on screen and the audience (with direction from the instructor) will comment. Then the instructor will give evaluation of piece. Class Fee: \$20
#109752 Jul 13 W 6:30-8:30pm

Pottery – Beginning Wheel

Location: Pullen Arts Center
Age: 16yrs and up. Wheel thrown pottery is one of our most popular classes! Demonstrations will focus on the fundamentals of basic wheel thrown pottery. Projects will teach skills such as wedging, sticking and centering clay on the wheel, use of throwing tools, along with glazing techniques. Instructors offer individual attention as skill progression is unique to each person. Supply fee of approximately \$18 (for clay) payable at first class. Instructors: Sherry Nicholson (Mondays); Geoff Lloyd (Tuesdays); Doug DeBastiani



(Wednesday); Gaines Bailey (Thursdays).

(7 weeks). Class Fee: \$91

#108475 May 3-Jun 14 T 7:00-9:30pm

#108476 May 12-Jun 23 Th 7:00-9:30pm

#108477 Jun 1-Jul 13 W 7:00-9:30pm

#108478 Jul 11-Aug 22 M 7:00-9:30pm

#108479 Jul 27-Sep 7 W 7:00-9:30pm

Pottery – Beginning Wheel in Spanish – Alfarería con torno

Location: Pullen Arts Center

Age: 16yrs and up. Learn the fundamentals of basic wheel thrown pottery. Projects will teach skills such as wedging, sticking and centering clay on the wheel, use of throwing tools, along with glazing techniques. Instructor offers individual attention as skill progression is unique to each person. Students are encouraged to practice their skills in our studio between classes. Upon completion of this class, students are eligible to purchase a studio card to continue throwing pottery on their own in our studio. Aprenda los fundamentos básicos de alfarería con torno. Los proyectos nos enseñarán habilidades como acuñar, pegar y centrar la arcilla en el torno, el uso de herramientas, junto con técnicas para darle un toque satinado. Los instructores ofrecerán atención individual a cada participante, ya que cada persona trabaja a su propio ritmo. Los participantes tendrán el estudio disponible si quieren practicar entre clases y pueden comprar una tarjeta para continuar trabajando la cerámica en el estudio. Class Fee: \$91

#108374 May 9-Jun 27 M 6:30-9:00pm

Pottery – Cone 10 – Guided Open Studio

Location: Pullen Arts Center

Age: 16yrs and up. In this guided open studio class, students will learn the basics of Cone 10 Reduction firing in Pullen Arts'

gas kiln. Students will learn how to plan for space usage in the kiln and about the glazes and slips available for Cone 10 at Pullen. Students receive formal instruction on the 1st and 3rd class meeting (attendance at these two meetings is required), but an instructor will be available to answer questions that come up at other class meetings.

The gas kiln will be fired on the 6th class meeting. Attendance at this meeting is not mandatory, but work to be fired must be ready to be fired by the Monday prior to the 6th class. Prerequisite: Beginning Wheel or Handbuilding at Pullen Arts Center. Trish Pattishall instructs (6 sessions). Class Fee: \$45

#109467 May 4-Jun 15 W 7:00-9:30pm

#109476 Jul 13-Aug 17 W 7:00-9:30pm

Pottery – Continuing Handbuilding

Location: Pullen Arts Center

Age: 16yrs and up. Continue on with your handbuilding calling! During this class, we will build upon the techniques you learned in your beginning class. We will learn methods of stiff slab construction, assemblage of parts and using the extruder to explore the possibilities of form and function in handbuilding. Demonstrations will also include handbuilding components like handles, feet and spouts. We'll finish with tips and secrets regarding the embellishment and glazing of your pieces. Bring all of your questions and ideas! Supply fee of approximately \$18 (for clay) payable at first class. Prerequisite: Beginning Handbuilding Techniques at Pullen Arts Center or Sertoma Arts Center or Clay Studio Orientation course at Pullen Arts. Jennifer Stas instructs (7 weeks). Class Fee: \$91
#108466 Jun 1-Jul 13 W 7:00-9:30pm

Pottery – Continuing Wheel

Location: Pullen Arts Center

Age: 16yrs and up. Learn how to apply confidence and steadiness to your work with clay. Cylinders, bowls, small lidded pieces, small plates and handles will be covered. Supply fee of approximately \$18 (for clay) payable at first class. Prerequisite: Beginning Wheel at Pullen or Sertoma or Clay Studio Orientation course at Pullen Arts. Practice time outside of class time is strongly suggested to develop throwing skills. Geoff Lloyd instructs (7 weeks). Class Fee: \$91
 #108480 Jun 28-Aug 16 T 7:00-9:30pm
 no class Jul 5

Pottery – Electric Kilns: Setup and Maintenance

Location: Sertoma Arts Center

Age: 16yrs and up. This workshop is designed for potters who are considering buying an electric kiln and for those who own one and want to learn how to get the most use out of it. Types of electric kilns, features, site selection, firing cycles and safety are covered. (This class does not qualify for studio card purchase). Randy Hinson instructs. Class Fee: \$40
 #107955 Aug 27 Sa 10:00am-12:30pm

Pottery – Functional Decoration with Ken Sedberry

Location: Pullen Arts Center

Age: 16yrs and up. In this one day class, North Carolina potter Ken Sedberry will demonstrate techniques for decorating functional pottery, including techniques using wax resist and slip trailing. Students of all levels are welcomed. Class Fee: \$75
 #108847 Aug 13 Sa 9:00am-4:00pm

Pottery – Glaze Workshop: Glaze Application

Location: Pullen Arts Center

Age: 16yrs and up. Pullen Arts Center glaze palette will be introduced and explored. Various techniques will be demonstrated to expand your glazing possibilities. Bring your bisqueware to class to glaze. Prerequisite: Beginning Wheel or Handbuilding class at Pullen or Sertoma. Trish Pattishall instructs (1 session). Class Fee: \$25
 #108505 Jul 7 Th 7:00-9:30pm

Pottery – Handbuilding Techniques Intro

Location: Pullen Arts Center

Age: 16yrs and up. Expand your possibilities with clay! If you can imagine it, you can build it with clay! We will cover the basics of hand building with clay. We will talk about the entire process of working with clay, from creating a piece to glazing and firing it. Course will include an introduction to the slab roller and other hand building tools. Supply fee of approximately \$18 (for clay) payable at first class. Instructors: Jennifer Stas (Wednesday) and Tim Cherry (Monday). (7 weeks). Class Fee: \$91
 #108469 May 9-Jun 27 M 10:00am-12:30pm
 #108470 Jul 27-Sep 7 W 7:00-9:30pm

Pottery – Handbuilding: Advanced

Location: Sertoma Arts Center

Age: 16yrs and up. Through a combination of demonstrations and individual work time, students will further develop their handbuilding skills while making distinctive pieces including planters, unique boxes and tile. The variety of construction techniques used will include soft slabs, stiff slabs, and coils. Students will learn to add flair and professionalism to their pieces by adding finishing touches such as feet and handles. This class will also help individuals develop and express their own unique style through clay! Prerequisite: Beginning Handbuilding class at Sertoma or Pullen Arts or comparable experience. Students who are new to Sertoma must attend the first class which covers safety and studio orientation as well as the glazing class (approximately 5th class) in order to qualify for a studio card. This is a 7-week class. Ali Sobel-Read instructs. Class Fee: \$95
 #107953 Jul 18-Aug 29 M 7:00-9:15pm
 #110863 Jul 21-Sep 1 Th 10:00-12:15pm

Pottery – Handbuilding: Beginning

Location: Sertoma Arts Center

Age: 16yrs and up. This class explores techniques including pinching, coils and slabs, including an overview of ceramic materials and glazing. Classes provide demonstrations and individual work time with instructor guidance. Students are encouraged to practice between class sessions and will have free access to Sertoma's well-equipped studio. New students may not miss more than two classes and must attend the first class and the glazing class (approximately 5 week), in order to qualify for a studio card. Students will purchase materials at first class (approximately \$42). All skill levels welcome! This is a 7-week class. Instructors: Ali Sobel-Read (Winter/Spring), Tim Cherry (Summer). Class Fee: \$95
 #107950 May 16-Jul 11 M 7:00-9:15pm
 no class May 30, July 4
 #107951 May 17-Jul 12 T 10:00am-12:15pm
 no class May 31, July 5

Pottery – Lids and Handles

Location: Pullen Arts Center

Age: 16yrs and up. Are you comfortable throwing on the wheel but not sure how to make lids or handles for your pots? Instructor Sherry Nicholson will show you the basics of adding these finishing elements to your pottery repertoire! Students purchase clay from Pullen Arts Center (\$18 per bag). Prerequisite: Beginning Wheel at Pullen or Sertoma. Sherry Nicholson instructs (3 sessions). Class Fee: \$65
 #109505 May 4-18 W 7:00-9:30pm

Pottery – Mechanics of Glaze Mixing

Location: Sertoma Arts Center

Age: 16yrs and up. Tens of thousands of pottery glaze recipes are available to contemporary potters in books, magazines, and on the internet. In this workshop you will learn how to take those formulas, create a usable batch size and prepare glazes for your pots. Important topics of discussion include calculating glaze materials needed, necessary equipment to formulate and prepare the glaze and safety precautions. No previous glaze mixing or formulation skills are necessary. This workshop does not qualify students for a studio card. Bring a bag lunch or snack. Randy Hinson instructs. Class Fee: \$45
 #107954 May 14 Sa 10:00am-2:00pm

Pottery – Pullen Arts Clay Studio Orientation

Location: Pullen Arts Center

Age: 16yrs and up. This one night workshop is intended for those with previous wheel or hand-building experience wishing to fulfill the pottery studio orientation that is a prerequisite for intermediate and advanced level courses in the clay studio at Pullen Arts. The workshop will include an orientation to the Pullen Arts Center wheel, hand-building and glaze studios including equipment, safety issues, and procedures. Wheel students should know how to center clay on the wheel, throw a cylinder, trim, and glaze. Hand-building students should have experience using a slab-roller, soft and stiff slab construction, and glazing techniques. Completion of the Orientation and the subsequent clay course are required before a studio card can be issued. Trish Pattishall instructs (1 session). Class Fee: \$25
 #108502 May 2 M 7:00-8:30pm
 #108503 May 25 W 7:00-8:30pm

Pottery – Start to Finish

Location: Pullen Arts Center

Age: 16yrs and up. So you've mastered the basics and can make a form on the wheel, but what do you do with it now to make it different and interesting? This class will explore many different finishing techniques that will inspire you to be creative as you develop your finished work. It will introduce you to the techniques of making different lids and handles, altering, trimming, cutting, faceting, texture impression, appliqué, slip trailing, wax resist, and different methods of glazing and firing. The emerging potter will be introduced to the medium's endless possibilities. Students purchase clay from Pullen Arts for \$18 per bag. Prerequisite: Beginning Wheel or Handbuilding at Pullen or Sertoma. Geoff Lloyd instructs (6 sessions). Class Fee: \$81
 #109506 Jul 21-Aug 25 Th 7:00-9:30pm

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Pottery – Studio Orientation for Qualified Pullen Potters

Location: Sertoma Arts Center

Age: 16yrs and up. Sertoma Arts Center Pottery Studio Orientation is for Qualified Pullen Art Center Potters ONLY who wish to use Sertoma's Clay Studio. Once registered Sertoma Arts Center will confirm with Pullen Arts Center that you are a qualified pottery patron. If you are qualified and you need to renew your studio card you may do so at Sertoma the day of orientation. We will offer these orientations each session. For further questions please call 919-420-2329. Class Fee: \$25

#108530 May 18 W 7:00-8:00pm
#108531 Jul 13 W 7:00-8:00pm

Pottery – Terra Sigillata

Location: Sertoma Arts Center

Age: 16yrs and up. Terra sigillata is an ancient surface treatment that was widely used as means of sealing the surface and making it non-porous. In contemporary ceramics it is used as an alternative to glazing. It produces velvety surfaces that still feel like clay. If you are intrigued by this technique, then this workshop is for you. We will start with a short historical slide presentation followed by a demonstration of how to mix and use terra sigillata. Sgraffito technique will also be covered at the end of the workshop. Students should bring 4-5 smaller bone dry pieces to the workshop and a bag lunch. All potters are welcome but this workshop does not qualify new potters for a studio card at Sertoma. Sasha Bakaric instructs. Class Fee: \$48

#107957 May 21 Sa 10:00am-2:30pm

Pottery – Totemic Columns

Location: Pullen Arts Center

Age: 16yrs and up. Want to learn how to build large scale sculpture? Totems are traditionally the tribal symbols of a clan or family that tell a story. We will spend this class discussing and designing your theme and executing your ideas in clay. Class time will be spent building segments of a column that will stack together. Using this method, the sky is the limit when it comes to tall! Demonstrations will include techniques of handbuilding pieces to fit into one another on an armature as well as surface design utilizing tools, texture, color and various sculpture techniques. Bring your imagination! Prerequisite: Basic Handbuilding at Pullen or Sertoma Arts or Clay Studio Orientation at Pullen Arts. Supply fee of approximately \$18 (for clay) payable at first class. Jen Stas instructs (7 weeks). Class Fee: \$91

#108331 May 9-Jun 27 M 7:00-9:30pm
no class May 30

Pottery – Wheel Throwing Continuing

Location: Sertoma Arts Center

Age: 16yrs and up. This class is designed for those who have taken beginner wheel and need further refinement in basic throwing skills in order to progress to more challenging levels. It also serves as a 'refresher' course for students who have previously taken throwing classes and have not thrown for some time. Class includes studio and safety orientation which is necessary to qualify students for a studio card. Experienced potters who are new to Sertoma are welcome. This is a 7-week class. Tina Granville instructs. Class Fee: \$95

#107949 Jun 1-Jul 20 W 10:00am-12:15pm
no class July 6

Pottery – Wheel Throwing: Beginner

Location: Sertoma Arts Center

Age: 16yrs and up. This course introduces students to the basics of 'throwing' pottery, provides them with an understanding of ceramic terms, processes, and knowledge needed to use the pottery studio safely and independently. Topics include centering clay, throwing basic forms, handles, and glazing. Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions and have free access to Sertoma's well-equipped studio. New students may miss no more than two classes and must attend the first class and the glazing class (approximately 6th week), in order to qualify for a studio card. Purchase materials at first class (approximately \$40). This is a 7-week class. Instructors: Tina Granville or Randy Hinson (days and Summer only). Class Fee: \$95

#107945 Jun 16-Jul 28 Th 10:00am-12:15pm
#107946 May 31-Jul 19 T 7:00-9:15pm
no class July 5

Pottery – Wheel Throwing: Intermediate

Location: Sertoma Arts Center

Age: 16yrs and up. Designed for the potter who is stuck in the 'cereal bowl and pencil jar' stage of work, we will explore more challenging forms and techniques including, but not limited to forms with lids, pitchers, handles, plates, etc. REQUIRED: Students must be able to center clay and throw basic bowl and cylinder forms with minimal difficulty. Students provide their own clay and tools. Class includes studio and safety orientation so new experienced students are welcome. This is a 7-week class. Gary Fuquay instructs. Class Fee: \$95

#107947 Jun 8-Jul 20 W 7:00-9:15pm

Printmaking – Experimental Printmaking

Location: Pullen Arts Center

Age: 16yrs and up. Take an experimental, exciting and spontaneous approach to monoprinting using nontraditional techniques and mixed media. This workshop will introduce students of all levels to a variety of approaches to the monoprint process including additive/subtractive techniques and the use of water-soluble materials. Explore relief printmaking using pattern blocks and direct printing from found objects and stamping. We will explore elements of collage and break from traditional print rules by reassembling our new material using traditional and non-traditional methods. Students provide their own supplies (estimated cost \$20-\$50). Please call Pullen Arts for a supply list. A. Brooke Heuts instructs. Class Fee: \$90

#108969 Jun 11-12 Sa-Su 9:00am-4:00pm

Printmaking – Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Learn the printmaking techniques of intaglio and relief to print your own greeting cards, posters, collographs, drypoints, and linoleum block prints. Use the Pullen Arts Center's Whelan printing press to pull your one of a kind or series of prints. We will study different techniques to add color, registration methods, ink choices, and pulling the perfect print! Supply list provided. Approximately \$30-\$50 for supplies. Keith Norval instructs (6 weeks). Class Fee: \$80

#108838 Aug 4-Sep 8 Th 7:00-9:30pm

Printmaking – Monoprinting Introduction

Location: Pullen Arts Center

Age: 16yrs and up. Create painterly, one-of-a-kind works of art using Pullen Arts' professional press! Achieve the effects of monoprinting that are not possible in any other medium. This class will take an experimental approach in covering the beginning techniques of additive and subtractive monoprinting. We will create monoprints from found images as well as from our own drawings. The class will culminate in a print exchange. Supply List provided. Anna Podris instructs (4 weeks). Class Fee: \$65

#108874 Jun 29-Jul 20 W 7:00-9:30pm

Printmaking – Screen Print

Location: Pullen Arts Center

Age: 16yrs and up. If you want to make your own t-shirts, this is the class for you. Get your screens, ink and squeegee ready. We will cover applying emulsion, exposing the screen and printing techniques. Supply list provided. Keith Norval instructs (6 weeks). Class Fee: \$90

#108840 May 12-Jun 16 Th 6:00-9:00pm



Woodworking – The Art of Woodcarving

Location: Sertoma Arts Center

Age: 16yrs and up. Students will be given hands on instructions in all projects, which include: Whittling a Whirligig, carving an animal, a Spoon, Chip carving, a Relief picture, and a special project to show your artistic abilities. Safety, Tool Sharpening, best carving woods, and where to purchase materials will be covered. Students: Please bring a black (only) Xacto Knife to class. Experienced carvers bring your carving knives. Students will pay the Instructor a total of five dollars for the Animal blank, the wood for all projects, and patterns used in class. \$5 supply fee due to instructor on first class. Fred Zinn instructs. Class Fee: \$56
#108537 May 2-Jun 6 M 10:30am-12:30pm

WORKSHOP – Oil Pastels Fast and Fabulous

Location: Sertoma Arts Center

Age: 16yrs and up. Oil pastels are crayons for the artist. Students are introduced to a simple resist technique using oil pastel and ink. Using professional grade materials, you will learn wonderfully creative applications. If you can color between the lines, you can create art in oil pastel. Join us for this fun workshop. Bring \$10 payable to instructor for materials. Bring a lunch or snack and an old shirt/smock. Jamie Miller instructs. Class Fee: \$40
#109176 Jun 25 Sa 10:00am-2:30pm

Senior

Ballroom Dance – Wednesday Club

Location: Pullen Community Center

Age: 55yrs and up. Dance to the music of different live bands every Wednesday evening. Weekly Admission.
May-Aug W 8:00-10:30pm

Handy Helpers Club

Location: Eastgate Park

Age: 55yrs and up. Knit, Crochet, Sew or Quilt for charity. We meet the 3rd Tuesday of the month (August-May) from 1-4pm at Eastgate Park – 4200 Quail Hollow Drive. We make blankets, hats and afghans for various charitable organizations in the Raleigh area. Items are distributed to women's shelters, local hospitals, and homeless groups. Come join us, meet new people and help bring a little joy to those in need. We do not offer lessons but all members gladly share their knowledge. For those who cannot attend but wish to make items at home, all are gladly accepted. For more information contact Betty Boucher at (919) 872-4156. Class Fee: \$0
#110340 May 17 T 1:00-4:00pm

Singing – Joyful Chorus

Location: Pullen Community Center

Age: 55yrs and up. Enjoy singing? Share your enthusiasm by joining the "Joyfuls." Sing for various clubs, organizations, groups, and events. Practices are held at Pullen Community Center. Class Fee: \$0
#108041 May 2-Aug 8 M 10:00-11:00am

Family

Art – Juggling for Genius

Location: Method Road Community Center
Age: 10yrs and up. Come join the only activity that has been proven to increase brain mass. Juggling can actually trigger that non-dominant side of the brain which can make you smarter and able to focus more. This course is a great stress reliever and excellent for students during test taking time. Class Fee: \$0

#110247	May 2-23	M	6:30-8:00pm
#110248	Jun 6-27	M	6:30-8:00pm
#110249	Jul 11-25	M	6:30-8:00pm
#110250	Aug 1-29	M	6:30-8:00pm

Clogging – Hemlock Bluff Cloggers Club

Location: Jaycee Community Center

Age: 12yrs and up. Are you an advanced clogger? Bryan Craddock is the director of the Hemlock Bluffs Cloggers. The club performs at area functions and events. Class Fee: \$0

#108637	May 5-Jun 30	Th	7:30-9:00pm
#108638	Jul 7-Aug 25	Th	7:30-9:00pm

Clogging – Advanced

Location: Jaycee Community Center

Age: 10yrs and up. Looking for a clogging challenge? Give our advanced class a try. Bryan Craddock is an excellent instructor and is the director of the Hemlock Bluffs Cloggers. Partners are not necessary for this class. Line dances as well as traditional figures and steps are taught. Class Fee: \$35
#108629 Jun 9-Aug 25 Th 6:00-7:30pm

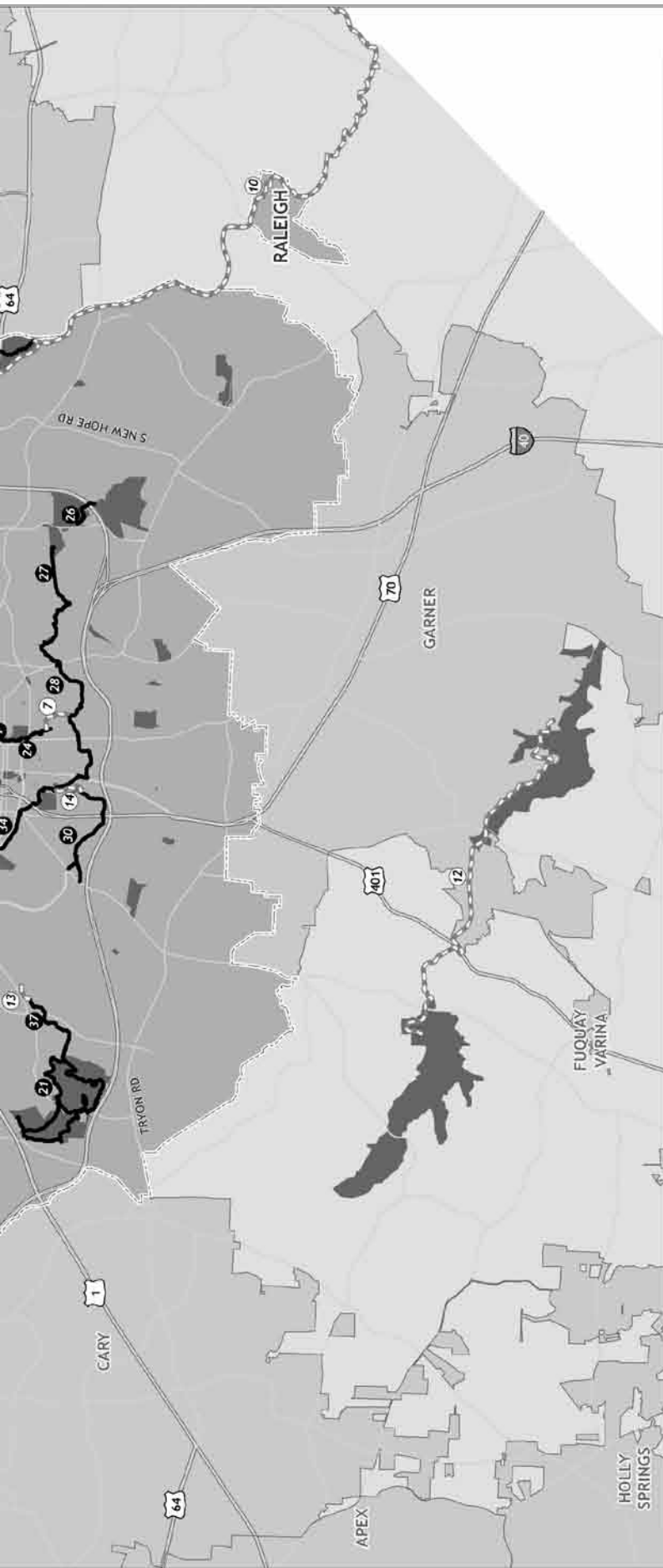
Photo Scavenger Hunt – Anderson Point Park

Location: Anderson Point

Age: 1yrs and up. Join us for a morning of family fun at Anderson Point Park. Bring your cameras and get ready for a scavenger hunt that will have you searching the park for nature and the unique features that are found in the park. This will be a family event so even the small ones and furry friends on leashes are invited. Program will meet at the small shelter. Don't miss out on this fun late summer event. Class Fee: \$2

#109873	Aug 20	Sa	9:00am-1:00pm
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10/01/2009

Existing Greenway Trails

#	Distance
1	3.0 miles
2	0.6 miles
3	0.9 miles
4	1.1 miles
5	0.8 miles
6	2.5 miles
7	0.3 miles
8	1.7 miles
9	1.6 miles
10	0.4 miles
11	1.7 miles
12	0.5 miles
13	0.6 miles
14	1.3 miles
15	0.7 miles
16	< 0.1 miles
17	0.5 miles
18	0.6 miles
19	0.2 miles
20	1.8 miles
21	5.6 miles
22	2.8 miles
23	0.6 miles
24	0.8 miles
25	3.1 miles

26	Lower Walnut - Walnut Creek Park Trail	0.5 miles
27	Lower Walnut Creek - Northdale Trail	0.8 miles
28	Lower Walnut Creek Trail	2.6 miles
29	Middle Crabtree Creek Trail	2.4 miles
30	Middle Walnut Creek Trail	2.5 miles
31	Neuse River Trail	4.6 miles
32	North Hills Trail	0.2 miles
33	Reedy Creek Trail	5.0 miles
34	Rocky Branch Trail	2.7 miles
35	Sawmill Trail	0.9 miles
36	Shelley Lake Trail	3.1 miles
37	Upper Walnut Trail	1.1 miles
38	Wakefield Trail	1.3 miles
39	West Millbrook Trail	0.3 miles

Planned Greenway Trails

#	Distance
1	1.7 miles
2	1.4 miles
3	4.1 miles
4	1.0 miles
5	3.0 miles
6	2.8 miles
7	0.5 miles

8	Macon Road Trail	0.5 miles
9	Martin Street Connector Trail	0.4 miles
10	Neuse River Trail	23.5 miles
11	Strickland Road Connector Trail	0.3 miles
12	Swift Creek Trail	6.0 miles
13	Upper Walnut Trail	0.3 miles
14	Walnut Creek - Eliza Pool Trail	0.4 miles

Existing Greenway Trails

Planned Greenway Trails

Parks

Major Roads

Highways



Athletic Teams/Leagues

Youth

Baseball – Introduction to Coach and Kid Pitch

Location: North Hills Park

Age: 6-7yrs. Didn't get enough baseball in the Spring? Then sign up for more fun with Optimist Community Center's sponsored coach and kid pitch baseball. This late summer league will give participants the opportunity to prepare and practice for next Spring's baseball season. Registration is July 11-16. Registration will be remain open, if needed, until league requirements are met, if space is still available.

League practices will not start until early August. League age is determined by the participant's age as of April 30, 2011.

Games and practices will be held at North Hills Park. Class Fee: \$57

Coach Pitch 6-7

#110429 Aug 1-Nov 5 M,W,F-Sa 6:00-9:00pm

Kid Pitch 8-9

#110430 Aug 1-Nov 6 Daily 6:00-9:00pm

Basketball – Summer Leagues

Location: Green Road Community Center

Age: 5-6yrs. Summer Basketball will be offered to boys and girls ages 5-12 and girls through the age of 14. Registration will be held April 18-May 1; please register early as space is limited. Practices will begin in mid-June and league play will begin in July. Games and practices will be held at Green Road and Marsh Creek Community Centers. Emphasis will be on skill development and FUN! Leagues are designed to prep players for the upcoming winter league play. League age is determined as of March 31, 2012.

SPACE IS LIMITED! Class Fee: \$50

Pee Wee ages 5-6

#109972 Jun 7-Aug 27 T,Th,Sa 6:00-9:00pm

#109973 Jun 7-Aug 27 T,Th,Sa 6:00-9:00pm

Mitey Mite ages 9-10

#109974 Jun 6-Aug 26 M-F 6:00-9:00pm

#109975 Jun 6-Aug 26 M-F 6:00-9:00pm

#109976 Jun 6-Aug 26 M-F 6:00-9:00pm

#109977 Jun 6-Aug 26 M-F 6:00-9:00pm

District A Youth Cheerleading

Age: 7-13yrs. The athletics division in coordination with the community centers are offering cheerleading for ages 7-13. Registration is July 25-29, 2011. Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined as of July 31 of current year. Class Fee: \$42

Panthers Cheerleading – Lake Lynn

#107857 Aug 15-Oct 24 M 6:00-7:30pm

Chargers Cheerleading – Brier Creek

#107856 Aug 15-Oct 24 M 6:00-7:30pm

District A Youth Football

The athletics division in coordination with community centers is offering tackle football for ages 7-13. Registration is July 25—until filled (last day is July 29, 2011, if space is available) The age divisions are divided into the following leagues: ages 7-9 (45-90 lbs), ages 9-11 (75-120 lbs), ages 11-13 (100-155 lbs). All participants must provide proof of age and have insurance. League age is determined by age as of July 31, 2011. Fee is \$42 for Raleigh residents and \$54 for non-Raleigh residents. Class Fee: \$42

#107022 **MM Panthers**

#107023 **LL Panthers**

#107024 **JL Panthers**

#107025 **MM Wolfpack**

#107027 **LL Wolfpack**

#107028 **MM Chargers**

#107026 **LL Chargers**

District B Youth Cheerleading

Age: 7-13yrs. The athletics division in coordination with the community centers are offering cheerleading for ages 7-13. Registration is July 25-29. Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined as of July 31 of current year. Class Fee: \$42

Eagles Cheerleading – Green Road Park

#107884 Aug 15-Oct 24 M 6:00-7:30pm

Tigers Cheerleading – Lions Park

#107881 Aug 15-Oct 24 M 6:00-7:30pm

Cowboys Cheerleading – Cedar Hills Park

#107882 Aug 15-Oct 24 M 6:00-7:30pm

Patriots Cheerleading – Marsh Creek Park

#107883 Aug 15-Oct 31 M 6:00-7:30pm

District B Youth Football

The athletics division in coordination with community centers is offering tackle football for ages 7-13. Registration is July 25—until filled (last day is July 29, 2011, if space is available) The age divisions are divided into the following leagues: ages 7-9 (45-90 lbs), ages 9-11 (75-120 lbs), ages 11-13 (100-155 lbs). All participants must provide proof of age and have insurance. League age is determined by age as of July 31, 2011. Fee is \$42 for Raleigh residents and \$54 for non-Raleigh residents. Class Fee: \$42

#107035 **MM Eagles**

#107033 **LL Eagles**

#107034 **JL Eagles**

#107036 **MM Cowboys**

#107037 **LL Cowboys**

#107038 **JL Cowboys**

#107042 **MM Patriots**

#107039 **LL Patriots**

#107040 **MM Tigers**

#107041 **LL Tigers**

#107043 **JL Tigers**

District C Youth Football

Location: Jaycee Community Center

The athletics division in coordination with community centers is offering tackle football for ages 7-13. Registration is July 25—until filled (last day is July 29, 2011, if space

is available) The age divisions are divided into the following leagues: ages 7-9 (45-90 lbs), ages 9-11 (75-120 lbs), ages 11-13 (100-155 lbs). All participants must provide proof of age and have insurance. League age is determined by age as of July 31, 2011. Fee is \$42 for Raleigh residents and \$54 for non-Raleigh residents. Class Fee: \$42

#107046 **MM**

#107045 **LL**

#107044 **JL Cougars**

District D Youth Cheerleading

Location: Biltmore Hills Community Center

Age: 7-13yrs. The athletics division in coordination with the community centers are offering cheerleading for ages 7-13. Registration July 25-29. Squads will be organized with the youth football teams in the City of Raleigh league. League age is determined as of July 31 of current year.

Raiders Cheerleading at Biltmore

#107900 Aug 15-Oct 24 M 6:00-7:30pm

Rams Cheerleading at Worthdale

#107901 Aug 15-Oct 24 M 6:00-7:30pm

Vikings Cheerleading at Chavis

#107902 Aug 15-Oct 24 M 6:00-7:30pm

District D Youth Football

The athletics division in coordination with community centers is offering tackle football for ages 7-13. Registration is July 25—until filled (last day is July 29, 2011, if space is available) The age divisions are divided into the following leagues: ages 7-9 (45-90 lbs), ages 9-11 (75-120 lbs), ages 11-13 (100-155 lbs). All participants must provide proof of age and have insurance. League age is determined by age as of July 31, 2011. Fee is \$42 for Raleigh residents and \$54 for non-Raleigh residents.

#107048 **MM Raiders**

#107049 **LL Raiders**

#107047 **JL Raiders**

#107050 **MM Vikings**

#107051 **LL Vikings**

#107054 **JL Vikings**

#107052 **MM Rams**

#107053 **LL Rams**

#107055 **JL Rams**

Football – Touch Football League

Location: Williams Park

Age: 5-6yrs. An introduction to the game of football, skills, fundamentals and sportsmanship will be taught to the beginning athlete. League is offered to children ages 5-6 (age is as of July 31, 2011). All games and practices will be held at Williams Park in northwest Raleigh and will primarily be held on Saturdays, starting in September and ending in November. Registration fees include a shirt. Registration will be held July 25-August 7 at Lake Lynn Community Center. Class Fee: \$36

#107534 **Youth Touch Football League**

Lake Lynn/Optimist Summer Basketball League

A recreational basketball program designed to develop skills, confidence and teamwork in a fun environment. Registration will be

held May 2-15 at Lake Lynn Community Center and Optimist Community Center. Practices will start in June. Games will start in July and end mid-August. Game and practice schedules will not be determined until after registration is complete. All games will be held at Lake Lynn in air-conditioned gyms. League age is as of March 31, 2012. Class Fee: \$65

Co-Ed League – ages 11-12

#107532 Jun 6-Aug 19 M-F 6:00-9:00pm

Co-Ed League – ages 9-10

#107533 Jun 6-Aug 19 M-F 6:00-9:00pm

Co-Ed League – ages 5-6

#108963 Jun 10-Aug 27 F-Sa 6:00-9:00pm

Co-Ed League – ages 7-8

#108964 Jun 10-Aug 27 F-Sa 6:00-9:00pm

Youth Fall Baseball

Fall baseball for ages 10-16. Registration is July 11-15. Leagues are offered for the following ages: 10-11, 12-13, and 14-16. League age is determined by age of the participant as of April 30, 2011. All games will be played at Buffalo Road Athletic Park. Class Fee: \$57

#106921 **District A/C – ages 10-11**

#106920 **District B/D – ages 10-11**

#106919 **District A/C – ages 12-13**

#106917 **District B/D – ages 12-13**

#106918 **City Wide – ages 14-16**

Youth Fall Fast Pitch Girls Softball

Location: Buffalo Road Athletic Park
The athletics division in coordination with the staffed community centers offers fast pitch softball for girls in the following age groups: 11-13 and 14-17. Registration is July 11-15. This league may play games with other cities and towns. League age is determined by the age of the participant on April 30, 2011. Class Fee: \$42

#106998 **Girls Fast Pitch – ages 11-13**

#106997 **Girls Fast Pitch – ages 14-17**

Teen

**Biltmore Hills
13 and Under Boys League**

Location: Biltmore Hills Community Center
Age: 9-14yrs. This is a competitive league for upcoming 5th, 6th and 7th graders. Registration will be August 15-26. Class Fee: \$30

#109154 Sep 13-Nov 2 T-W 6:00-8:00pm

**Biltmore Hills
15 and Under Boys Basketball**

Location: Biltmore Hills Community Center
Age: All Ages. This league is for 8th and 9th graders that would like to sharpen their skills for the upcoming basketball season. Registration will be August 15-26. Class Fee: \$30

#109155 Sep 14-Nov 5 W,Sa 8:00-9:00pm

Biltmore Hills 15 and Under Girls

Location: Biltmore Hills Community Center
Age: 10yrs and up. This is a competitive league for girls ages 15 and under. It will help prepare them for the upcoming

middle school and junior varsity basketball seasons. Registration will be August 15-26. Class Fee: \$30
#109156 Sep 12-Nov 3 M 6:00-9:00pm

Teen Basketball League

Location: Biltmore Hills Community Center
Age: 13-15yrs. This is an organized basketball league for teens ages 13-15. Registration will be May 2-17. Class Fee: \$30

#109172 May 31-Jul 12 T 6:15-7:15pm

Adult

Adult 4-on-4 Flag Football

Location: TBA
Age: 18yrs and up. The athletics division will be offering 4-on-4 Flag Football registration from August 29-September 1 at 2401 Wade Avenue in Jaycee Park from 8:30am-6:00pm. The registration fee is \$400 per team. Games will begin the week of September 27. Class Fee: \$400
#107012

Adult Fall Baseball

Location: Optimist Park
Age: 18yrs and up. The athletics division will be holding registration for the Adult Fall Baseball League from August 8 until filled. League play will begin August 29. Team Registration fee is \$450. Registration will be held at 2401 Wade Avenue from 8:30am-6:00pm. For more information contact 831-6836. Class Fee: \$450
#107000 Aug 29-Nov 12 M-Sa 6:00-11:00pm

Adult Fall Softball

Location: City Parks in Raleigh
Age: 18yrs and up. Adult softball leagues offered for Men's Open, Women Opens, Coed, Church, Company Teams. Entry fee is \$400 per team and \$24 per non-city resident. Play will begin mid August. Each team will receive a 10 game season. League registration will be held at 2401 Wade Avenue from Monday-Thursday, July 18-21 from 8:30am-6:00pm. For more information call 831-6836. Class Fee: \$400
#107007

Adult KickBall League

Location: Laurel Hills Park
Age: 18yrs and up. The athletics division is offering adult kickball registration from August 29-September 1 at 2401 Wade Avenue in Jaycee Park from 8:30am-6:00pm. Games will begin the week of September 19. For more information please contact 831-6836. Class Fee: \$300
Adult Coed Fall Kickball
#107032 Sep 19-Nov 24 M-Th 5:30-11:00pm

**Basketball –
Adult Fall Basketball League**

Location: Method Road Community Center
Age: All Ages. Registration August 1-14, 2011. Play will begin the week of August 22. Teams can only have 12 players on a roster. This is a B/C Open League. First 6

teams to register. Each team guaranteed 12 games. Class Fee: \$345
#109987 Aug 22-Oct 19 M,W 7:00-9:00pm

Basketball – Adult Summer League

Location: Jaycee Community Center
Age: 18yrs and up. Leagues B and C only. No A league teams permitted. Get your team together and spend the summer playing some competitive basketball. Registration dates are May 3-12, 2011—until filled at Jaycee Community Center—limited space available. B League games will be on Monday/Wednesday. C League games will be on Tuesday/Thursday. League play begins mid-June and runs through August. Team registration only. There will be an optional tournament at the end of the season for an additional fee of \$50/team. Class Fee: \$400 per team.

Summer Adult C League

#108647 Jun 9-Aug 30 T,Th 6:00-9:00pm

Summer Adult B League

#108646 Jun 8-Aug 29 M,W 6:00-9:00pm

Lions Adult Basketball

Location: Lions Park Community Center
Age: 25-40yrs. If you are between the ages 25-40 and love playing organized basketball, then this is the league for you. Registration will run from May 9-20. The first seven teams only. Each team is guaranteed 10 games. Class Fee: \$350
#109199 Jun 7-Aug 11 T,Th 6:15-9:00pm

**Lions Park Summer
Adult Basketball Tournament**

Location: Lions Park Community Center
Age: 25-40yrs. After the season, enter your team in the tournament to be officially crowned the champion of the league. Games will occur on Monday and Wednesday nights at Lions Park. Class Fee: \$50
#109203 Aug 22-31 M,W 6:30-9:00pm

Lions Park Summer Basketball

Location: Lions Park Community Center
Age: 25-40yrs. Wanted! Men between the ages of 25-40 who love playing competitive basketball. Lions Park is offering an Adult summer basketball league operating on Monday and Wednesday nights. This 10-game season is sure to give you that source of recreation and fun that you will be looking for this summer. Only the first six teams are assured a spot in the league. A separate fee is required for all that wish to enter their team in the end of season tournament. Class Fee: \$325
#109204 Jun 6-Aug 10 M,W 6:30-9:00pm

**Lions Summer
Adult Basketball Tournament**

Location: Lions Park Community Center
Age: 25-40yrs. Want to be officially crowned the Champion? Then after the regular season has ended, enter your team the Lions Summer Adult Basketball Tournament. Class Fee: \$50
#109202 Aug 23-Sep 1 T,Th 6:30-8:30pm

Adult Athletic Teams/Leagues continued next page —

Open Badminton Tournament

Location: Optimist Community Center
 Age: 16-99yrs. Come and join the fun!
 Optimist Community Center is presenting a Round Robin format Open Badminton Tournament. This is a singles only tournament. Pre-Registration is required by July 8, 2011. Class Fee: \$20
 #110440 Jul 15-16 F-Sa 6:00-9:00pm

Optimist**Summer Coed Volleyball League**

Location: Optimist Community Center
 Age: 18-99yrs. Optimist Center will be offering an Adult Coed Indoor Volleyball league during this summer. Games will be played on Tuesdays. Registration will be accepted May 2-20, 2011. This will be an unrated league. Class Fee: \$250
 #110257 Jun 7-Aug 9 T 6:00-9:00pm

Outdoor Basketball League

Location: Biltmore Hills Community Center
 Age: 16yrs and up. Come out and enjoy warm summer mornings as well as a fun game of basketball on our Kingwood Forest outdoor playing courts. Class Fee: \$200
 #109161 Jun 11-Jul 16 Sa 9:00am-12:00pm

Sand Volleyball – Green Road Summer League

Location: Green Road Community Center
 Age: 18yrs and up. Try summer in the sand!
 Registration dates: May 2-13, 2011. Team Registration Only: 6-person recreational or intermediate league (both are co-ed). Leagues will play early June-August at Green Road Community Center. Managers meeting will be held on May 25 at 6:00pm at Green Road Community Center. Class Fee: \$70

6-Person Co-Ed Intermediate

#109212 Jun 1-Aug 24 W 6:30-9:30pm
 #109327 Jun 4-Aug 27 Sa 10:00am-2:00pm

6-Person Co-Ed Recreational

#109213 Jun 2-Aug 25 Th 6:30-9:30pm
 #109328 Jun 5-Aug 28 Su 2:00-5:00pm

Sand Volleyball – Summer League

Location: Jaycee Community Center
 Age: 18yrs and up. Try summer in the sand!
 Registration dates: May 2-15, 2011. Team Registration Only: 6-person, 4-person, and Doubles. Leagues will play early June-August at Jaycee Park. Managers meeting will be held at 6:00pm on June 1 at Jaycee Community Center. Team Registration: Doubles \$400/team, 4-Person \$60, 6-Person \$70.

Doubles Coed Advanced

#109285 Jun 6-Aug 8 M 6:30-10:30pm

6-Person Intermediate

#109286 Jun 7-Aug 9 T 6:30-10:30pm

Doubles Coed Intermediate

#109289 Jun 9-Aug 11 Th 6:30-10:30pm

Doubles Men Advanced

#109284 Jun 7-Aug 9 T 6:30-10:30pm

Doubles Men Intermediate

#109291 Jun 8-Aug 10 W 6:30-10:30pm

6-Person Beginner

#109290 Jun 8-Aug 10 W 6:30-10:30pm
 #109287 Jun 9-Aug 11 Th 6:30-10:30pm

**4-Person Intermediate**

#109292 Jun 6-Aug 8 M 6:30-10:30pm

Doubles Women Advanced

#109288 Jun 7-Aug 9 T 6:30-10:30pm

Sand Volleyball (Fall) at Jaycee

Location: Jaycee Community Center
 Age: All Ages. Registration dates: August 1-14, 2011. Team Registration Only. League will play September-October. Managers meeting will be held on 6:00pm on August 31 at Glen Eden Center. Team Registration: Doubles \$400/team, 3-Person \$50, 4-Person \$60.

3-Person Intermediate Coed

#109297 Sep 6-Nov 8 T 6:30-10:30pm

Men's Doubles Advanced

#109304 Sep 6-Nov 8 T 6:30-10:30pm

Coed 4-Person Beginner

#109303 Sep 8-Nov 10 Th 6:30-10:30pm

Coed Doubles Advanced

#109298 Sep 12-Nov 14 M 6:30-10:30pm

3-Person Advanced

#109299 Sep 7-Nov 9 W 6:30-10:30pm

Coed Doubles Intermediate

#109300 Sep 7-Nov 9 W 6:30-10:30pm

4-Person Intermediate Coed

#109302 Sep 12-Nov 14 M 6:30-10:30pm

Women's Doubles Advanced

#109301 Sep 8-Nov 10 Th 6:30-10:30pm

Starlight Men's Basketball League

Location: Biltmore Hills Community Center
 Age: All Ages. An alternative activity for young adults during the summer. Starlight is a competitive league open for team registration. Fee is per player. Registration is from May 16-27. Class Fee: \$30
 #109163 Jun 13-Aug 4 M,Th 9:00-12:00am

Starlight Women's Basketball League

Location: Biltmore Hills Community Center
 Age: All Ages. Basketball league designed for women that like to play competitive basketball. Registration will be May 16-27. Class Fee: \$30
 #109167 Jun 13-Aug 4 M,Th 6:00-9:00pm

Educational**Preschool****Dynamic Dinosaurs**

Location: Green Road Community Center
 Age: 3-5yrs. Join Ms. Alice for an exciting time as we learn about these 'ancient creatures.' We will discover how big they really were, if they ate meat or plants, what they looked like, and much more! All students must be potty-trained. Class Fee: \$30
 #110358 May 5-26 Th 2:00-2:45pm

Jungle Animals

Location: Green Road Community Center
 Age: 3-5yrs. Who is the slowest animal in the jungle? Not all jungles are in Central and South America. How do these animals protect themselves? We will do an art project with each animal that is age appropriate. Mrs. Alice instructs. Class Fee: \$36
 #110356 May 5-26 Th 3:00-3:45pm

Moms and Tots Leap into Learning

Location: Greystone Community Center
Age: 24-36mths. Quality time for moms and tots to have fun together and learn at the same time! During this session moms and tots will color pictures, sing songs, do craft projects, dance and play games. This is a stepping stone to our Leap Into Learning program. Class Fee: \$25

#109851	Jun 14-16	T,Th	9:15-11:15am
#109852	Jun 28-30	T,Th	9:15-11:15am
#109855	Jul 12-14	T,Th	9:15-11:15am
#109856	Jul 26-28	T,Th	9:15-11:15am

TECHTOTS!

Location: Barwell Road Community Center
Age: 3-5yrs. Preschoolers learn about technology, science, arts and music, math, and reading in this 16 week course. They will have fun learning about and using digital cameras, computers, robots, engineering building blocks and more! A \$10 supply fee is due to the instructor the first day of class. Instructed by Computer Explorers. Class Fee: \$159
#110299 May 3-Aug 16 T 10:00-11:00am

Youth**Community Afterschool Programs**

Location: Biltmore Hills Community Center
Age: 5-12yrs. The Community Afterschool Program is being offered at several local Community Centers for children K-6th grade following the Wake County Traditional school calendar. This program is designed to offer recreation activities, homework assistance, and arts and crafts. For registration information contact your local community center. Class Fee: \$0

Biltmore

#109234	May 2-Jun 10	M-F	3:00-6:00pm
#109235	May 2-Jun 10	M-F	3:00-6:00pm
#109237	May 2-Jun 10	M-F	3:00-6:00pm

Halifax

#109236	May 2-Jun 10	M-F	3:00-6:00pm
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Peach Road

#109238	May 2-Jun 10	M-F	4:00-7:00pm
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Biltmore

#109239	May 2-Jun 10	M-F	3:00-6:00pm
#109240	May 2-Jun 10	M-F	3:00-6:00pm
#109242	May 2-Jun 10	M-F	3:00-6:00pm
#109246	May 2-Jun 10	M-F	3:00-6:00pm

Tarborro Road

#109243	May 2-Jun 10	M-F	3:00-6:00pm
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Worthdale

#109244	May 2-Jun 10	M-F	3:00-6:00pm
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Roberts Park

#109245	May 2-Jun 10	M-F	3:00-6:00pm
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Just Say No

Location: Roberts Park Community Center
Age: 8-15yrs. A former president's wife made the phrase popular. She told you to say 'no' however, she neglected to give you the necessary skills to say no and mean it. This class teaches preteens and teens how to utilize various techniques to improve self-esteem, develop self-help skills, utilize

refusal skills, handle peer pressure and confront daily challenges. Class Fee: \$0
#109840 Jun 25 Sa 10:30-11:30am
#109841 Jul 16 Sa 6:30-7:30pm
#109842 Aug 13 Sa 10:30-11:30am

Kids and Wealth

Location: Roberts Park Community Center
Age: 9-14yrs. A class designed to help youngsters learn about money. Learn how to earn, save, budget and begin a business. Its never too soon to learn how to let your money work for you. You just may learn how to become wealthy at a young age. Class Fee: \$10
#109834 Jun 18 Sa 1:00-2:15pm

Mad Scientist

Location: Marsh Creek Park
Age: 6-8yrs. Explore the intricacies of science! How it works, why it doesn't. Join us for all of the classes or just pick the ones you are interested in. Class Fee: \$7

Volcanoes

#108057	May 7	Sa	9:45-10:30am
#108060	Aug 13	Sa	9:45-10:30am

Water Exploration

#108058	May 14	Sa	9:45-10:30am
#108061	Aug 20	Sa	9:45-10:30am

Goop, glop and Slime

#108059	May 28	Sa	9:45-10:30am
#108062	Aug 27	Sa	9:45-10:30am

radKIDS Safety and Self – Defense

Location: Brier Creek Community Center
Age: 5-12yrs. Increase your child's safety and self-confidence! Through fun and exciting activities, we teach how to tell if a stranger is good or bad; how to use family passwords (and when knowing the password doesn't count); when it's okay to knock everything off the shelves in a store; and how to respond when someone offers your child 'candy.' We also teach real physical techniques that kids can use successfully against a predator, including strikes, kicks and blocks. Also covered: how to handle bullies, good touch vs. bad touch, Internet safety and more! Each child receives a radKIDS activity book and family safety manual. Pam Adamchik instructs. Class Fee: \$65

#109633	May 6-27	F	4:00-5:30pm
#109634	Jun 3-24	F	4:00-5:30pm

REaD and White Pajama Party

Location: Ralph Campbell Community Center
Age: 5-10yrs. Come out to the Campbell Center for some late evening book reading, fun, games, arts and crafts. Come dressed in your favorite set of pajama's. This program is supported by local college students. Class Fee: \$5

#110263	Jun 14	T	7:00-8:00pm
#110265	Jul 12	T	7:00-8:00pm
#110267	Aug 9	T	7:00-8:00pm

Spanish for Kids

Age: 6-11yrs. This course will introduce children to the Spanish speaking world. Students will learn basic greetings, shapes, senses, calendar dates and more. Students will also enjoy a cultural component which includes singing Spanish songs and breaking open a piñata. Este curso introducirá a sus niños al mundo del idioma español. Los estudiantes aprenderán temas básicos como son: saludar, fechas del calendario, formas, y sentidos. Los estudiantes también disfrutaran de un componente cultural que incluye cantar canciones en español y romper una piñata. Class Fee: \$30

Brier Creek

#108111	May 9-Jun 6	M	4:00-5:00pm
#108112	Jun 20-Jul 18	M	4:00-5:00pm
#108113	Aug 1-22	M	4:00-5:00pm
#108115	May 12-Jun 2	Th	4:00-5:00pm

Millbrook Exchange

#108117	May 7-28	Sa	11:00am-12:00pm
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Technology – Alternative Energy Engineering

Location: Barwell Road Community Center
Age: 9-11yrs. Students combine engineering and alternative energy! Building cars, cranes, drawbridges, etc. from LEGO™ kits and operating them using alternative energy sources is great fun. Students will start with electricity and use a multimeter to measure continuity, resistance, and voltage. Then they will conduct experiments with wind, water, fuel cells and solar panels in this high-powered and high-energy class! Leave the fossils in the ground, and go for the green! Instructed by Computer Explorers. Class Fee: \$179
#110276 Jul 16-Aug 20 Sa 9:00-11:00am

Technology: Clay Animation

Location: Barwell Road Community Center
Age: 9-13yrs. Clay and animation—what a perfect combination! Working in teams, students do it all—from story creation to making the characters and sets. As they learn the production process, they will animate, record, download, assemble and edit their own movies. Fun, learning and excitement go hand-in-hand in this class. Class is taught by Computer Explorers. Class Fee: \$179
#110277 Jun 14-Jul 26 T 6:00-8:00pm

Technology – Video Game Animation

Location: Barwell Road Community Center
Age: 7-9yrs. Students dive into the world of video game animation by creating characters that dance, sing and interact with one another. Sound effects and music clips are added to create a dynamic video animation game using Scratch, the innovative programming language created just for kids by the MIT Media Lab. Creativity rules in this fun version of video game design! Class taught by Computer Explorers. Class Fee: \$149
#110273 May 10-31 T 6:00-8:00pm

Educational continued next page —

Educational continued

Teen

American Red Cross Babysitter's Training

Age: 11-15yrs. Participants will gain knowledge, skills, and confidence to care for infants through school aged children. Safety issues, injury and illness prevention, basic child care, first aid, decision making skills, and age appropriate behavior and play are discussed. Instruction by American Red Cross. Class Fee: \$50

Lake Lynn Community Center

#107529 Aug 18 Th 9:00am-3:00pm

Laurel Hills Community Center

#110285 Jun 11 Sa 9:00am-3:00pm

Green Road Community Center

#110308 May 21 Sa 9:00am-3:00pm

Dress for Success!

Location: Roberts Park Community Center
Age: 12-17yrs. Nutritionists say we are what we eat. Did you know that people form opinions about you according to the way you dress? Dress for success teaches appropriate attire and the psychological effects of clothing choices. Learn how to look good and develop a positive attitude about yourself. Wear your potential...dress for success! Class Fee: \$0
#110241 Aug 27 Sa 10:30am-12:00pm

Lunch with a Cop/Almuerzo con un Policia

Location: Frank E. Evans Administrative Bldg.
Age: 15-17yrs. This program gives an opportunity for children that are interested in learning from law enforcement officers on a one and one basis. The youth will have lunch with a police officer and have the opportunity to ask questions and learn about how the police department interacts with their community. The goal of this program is to provide today's youth with good role models. This program is designed to give youth inside into the career of law enforcement. Este programa les dará la oportunidad a jóvenes que estén interesados en aprender directamente de oficiales que aplican la ley. Los jóvenes irán a comer con un oficial de policía y tendrán la oportunidad de hacer preguntas y también conocer como interactúa el Departamento de Policía con la comunidad. El objetivo de este programa es dar buenos modelos a imitar a los jóvenes de hoy en día, y también les dará conocimiento interno de una carrera en el ramo de Aplicación de la Ley. Indicate if you have any food allergies by calling 919-831-6844. Class Fee: \$0

#108118 Jun 13 M 12:00-1:00pm

#108120 Aug 24 W 12:00-1:00pm

Safety and Personal Protection

Location: Green Road Community Center
Age: 14-17yrs. Once a criminal has chosen you as a target of crime, you will have between 3-5 seconds to initiate your plan of escape. You'll physically practice 'break-away' techniques, physical maneuvers and learn how to use of everyday items as a weapon can keep you safe from bodily harm if approached by a criminal. You and your friends need to be 'in the know'; be ready with your plan! Class Fee: \$35

#107539 Jun 12 Su 1:00-4:00pm

#107540 Aug 14 Su 1:00-4:00pm

SAT Prep: Pre – Test Crash Course!

Location: Lake Lynn Community Center
Age: 13yrs and up. Improve your SAT score now! Learn how to ease the stress of taking the most popular college entrance exam in the country. Students will practice timed SAT questions and learn strategies that help them answer more questions correctly, tackle difficult problems, and save time. Class covers the following: sentence completion, vocabulary decoding, reading comprehension (short, long, and paired passages), grammar review for multiple-choice writing, and sentence analysis/revision. Students also write and receive feedback on timed essays. This course is taught by a certified teacher who has a master's degree in education and seventeen years test prep experience at the high school, community college, and university levels. A better SAT score can be yours with this class! (Note: This class covers reading and writing sections only on the SAT.) Class Fee: \$120

#107526 Jun 1-2 W-Th 6:30-8:30pm

Teambuilding for Teens

Location: Non-City Owned Site
Age: 10-18yrs. Let the Teen Program custom design a teambuilding workshop to help meet your group's needs and challenges. Initiative activities are utilized to enhance problem solving, teambuilding, conflict resolution and other life skills through experiential learning and will be tailored to your specific group. These programs are great for schools, church groups, student councils, drop-out prevention programs, and many other established youth groups. Courses will be held at the site of the participants' choosing and will be scheduled according to staff availability. Please contact the Teen Program at least one month in advance of desired program date. Cost: \$20 per staff hour of program with a minimum of 2 hours; we require a 1 to 8 staff member to student ratio. Contact the Teen Program at 807-5409 for more information. Class Fee: \$0

#109629 May 1-Aug 31 Daily 9:00am-5:00pm

Adult

Basic Computer I in Spanish/ Computación Básica Nivel I

Location: Sanderford Road Park
Age: 18yrs and up. This course will introduce basic computer skills. Students will learn how to use the computer keyboard, type simple documents, navigate through internet and other topics. Este curso tiene como objetivo introducir conocimientos básicos de computación. Los estudiantes aprenderán como usar el teclado, escribir documentos simples, usar la Red (Internet) y otros temas. Class Fee: \$40

#108141 May 4-Jun 8 W 6:00-8:00pm

#108142 Jun 15-Jul 20 W 6:00-8:00pm

Basic Computer II in Spanish/ Computación Básica Nivel II

Location: Sanderford Road Park
Age: 18yrs and up. This course will be a continuation of Basic Computer I in Spanish with emphasis on learning how to manage files, word processor, spreadsheets software and other topics. Este curso es una continuación de la clase de Computación Básica Nivel I en Español con énfasis en el aprendizaje del manejo de documentos, procesador de palabras y hojas de cálculos además de otros temas. Class Fee: \$40

#108143 May 5-Jun 9 Th 6:00-8:00pm

#108144 Jun 16-Jul 21 Th 6:00-8:00pm

Birds –**Raleigh-Durham Caged Bird Society**

Location: Glen Eden Park
Age: 18yrs and up. The Raleigh-Durham Caged Bird Society serves to educate the public on the care of caged birds, to address avicultural concerns, and to encourage the conservation of avian species. The society meets the 3rd Sunday of each month at Glen Eden Pilot Park – 1500 Glen Eden Drive. Membership dues are \$1/person/meeting. No registration necessary.

#108566 May 15 Su 1:00-5:00pm

#108569 Jun 19 Su 1:00-5:00pm

#108567 Jul 17 Su 1:00-5:00pm

#108568 Aug 21 Su 1:00-5:00pm

Central CAC

Location: John P. Top Greene Center
Age: 18yrs and up. The CAC provide a means for citizens to be involved in planning for the future of their community and, in turn, gives the City another method of communication with its citizens. The Central CAC meets the first Monday of the month at Top Greene at 7:00pm. For more information contact Luis Olivieri at 831-6097 or luis.olivieri@ci.raleigh.nc.us. Class Fee: \$0

#110521 May 2 M 7:00-10:00pm

#110522 Aug 1 M 7:00-10:00pm

#110523 Jun 6 M 7:00-10:00pm

Wisdom is to the mind what health is to the body.

Francois De La Rochefoucauld

Register online with Reclink at Reclink.raleighnc.gov

Chinese for Beginners/Chino para Principiantes

Location: Pullen Community Center
Age: 18yrs and up. This course will introduce basic Chinese. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Chinese culture. Esta clase le introducirá al idioma chino a nivel básico. Los estudiantes aprenderán el alfabeto, los saludos, números, fechas del calendario, los días, y mucho más. Los estudiantes también disfrutarán de los aspectos de la cultura china. Class Fee: \$50
#108160 May 7-Jun 18 Sa 10:00-11:30am

Citizen's Advisory Council – Carolina Pines

Location: Carolina Pines Community Center
Age: 18yrs and up. Be an active member of your community. Come find out the latest news concerning city-wide and neighborhood issues, rezoning, and development reviews and discussions. Meetings are held the 2nd Monday of each month at Carolina Pines. No registration necessary. Class Fee: \$0.
#109379 May 9 M 7:00-9:00pm
#109380 Jun 13 M 7:00-9:00pm
#109381 Jul 11 M 7:00-9:00pm
#109382 Aug 8 M 7:00-9:00pm

Dog – Basic Manners for Your Dog

Location: Jaycee Community Center
Age: 18yrs and up. Want to improve your dog's behavior at home and in public? Would you like to socialize your dog properly around people and other dogs, strengthen your bond, and build a sound relationship based on leadership that your dog understands? In Basic Manners, we give you the tools you need to do all this and have fun with your buddy! We'll show you how to teach your dog self-control—imagine, no more jumping on guests, lunging at the door, and barking excessively. You'll also learn how to give basic commands such as sit, down, come, walk without pulling, off, sit politely for

guests and so on. We'll even show you how you can incorporate them into your busy daily lifestyle. Sign up now and in only six weeks, you can enjoy a well-mannered, well-rounded member of the family! Class Fee: \$127
#108613 Apr 19-May 24 T 7:00-8:00pm
#108614 Jun 7-Jul 19 T 7:00-8:00pm
#108615 Jul 26-Aug 30 T 7:00-9:00pm

English as a Second Language (ESL) – Clases de Ingles

Location: Barwell Road Community Center
Age: 18yrs and up. These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés. Class Fee: \$0

Barwell Road
#108133 May 4-Jun 8 W 7:00-8:30pm
#108134 Jun 22-Jul 27 W 7:00-8:30pm
Brier Creek
#108123 May 7-Jun 11 Sa 11:30am-1:00pm
#108124 Jun 25-Jul 30 Sa 11:30am-1:00pm
Green Road
#108129 May 7-Jun 11 Sa 11:30am-1:00pm
#108132 Jun 25-Jul 30 Sa 11:30am-1:00pm
Chavis
#108125 Jul 2-Aug 6 Sa 11:30am-1:00pm
#108135 May 14-Jun 18 Sa 11:30am-1:00pm
Method Road
#108126 May 12-Jun 16 Th 6:30-8:00pm
#108130 Jun 30-Aug 4 Th 6:30-8:00pm
Peach Road
#108127 May 3-Jun 7 T 6:30-8:00pm
#108128 Jun 21-Jul 26 T 6:30-8:00pm
Marsh Creek
#108131 May 9-Jun 20 M 6:30-8:00pm
#108122 Jul 11-Aug 15 M 6:30-8:00pm

First Aid and CPR (Adult, Child and Infant)

Location: Green Road Community Center
Age: 16yrs and up. Training includes First Aid, Adult, Child and Infant CPR. First Aid

Certification is valid for three years after successful completion of the class. CPR will be valid for only one year. This is an American Red Cross training. Class Fee: \$63
#110318 Jun 4 Sa 9:00am-4:30pm

French for Beginners/ Frances para Principiantes

Location: Jaycee Community Center
Age: 18yrs and up. This course is designed for those who are complete beginners and wish to study for a short period of time and learn enough practical language to be able to communicate in simple situations when going abroad. The students that complete this course will also be able to acquire basic concepts to communicate with French speakers. Estas clases están diseñadas para las personas que están a nivel de principiantes y quieren estudiar por un periodo corto y aprender suficiente lenguaje práctico para cuando vayan al extranjero y puedan comunicarse en situaciones sencillas. Los estudiantes que terminen este curso también adquirirán conceptos básicos para comunicarse con personas que hablan Frances. Class Fee: \$50
#108151 May 14-Jun 18 Sa 10:00-11:30am
#108152 Jul 2-Aug 6 Sa 10:00-11:30am

Gardening – Fall/Winter Planting Roundtable

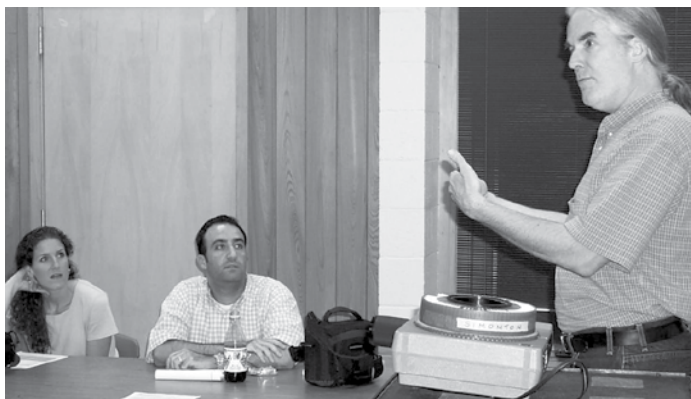
Location: Barwell Road Community Center
Age: 15yrs and up. Are you ready for your fall and winter garden? Soon the summer plantings will start to die and it will be time for all of the yummy fall and winter plants that will keep the gardener busy at least until mid December. Join us for a roundtable to discuss what other area gardeners are doing to prepare for this exciting season. Class Fee: \$2
#110400 Jul 23 Sa 10:00am-12:00pm

Infant and Child CPR

Location: Marsh Creek Park
Age: 18yrs and up. Students will have hands on skills training for response to breathing and cardiac emergencies in infants and children. Class Fee: \$55
#110301 May 24 T 8:30am-12:00pm

Japanese for Beginners/ Japonés para Principiantes

Location: Lake Lynn Community Center
Age: 18yrs and up. This course will introduce basic Japanese. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Japanese culture. Esta clase le introducirá al idioma japonés básico. Los estudiantes aprenderán el alfabeto, los saludos, números, fechas del calendario, los días, y mucho más. Los estudiantes también disfrutarán de los aspectos de la cultura japonesa. Class Fee: \$50
#108149 May 11-Jun 15 W 6:30-8:00pm
#108150 Jun 29-Aug 3 W 6:30-8:00pm



Adult Educational continued next page —

Adult Educational continued

**Korean for Beginners/
Coreano para Principiantes**

Location: Greystone Community Center
Age: 18yrs and up. This course will introduce basic Korean. Students will learn alphabet, basic greetings, numbers, calendar dates, weekdays, and much more. Students will also enjoy aspects of the Korean culture. Esta clase le introducirá al idioma coreano a nivel básico. Los estudiantes aprenderán el alfabeto, los saludos, números, fechas del calendario, los días, y mucho más. Los estudiantes también disfrutarán de los aspectos de la cultura coreana. Class Fee: \$50
#108157 Jul 23-Aug 27 Sa 10:30am-12:00pm

Language – Basic French

Location: Brier Creek Community Center
Age: 16yrs and up. This is a beginner course for those who want to learn basic French with a teacher coming from France. The purpose of each lesson is to allow you to have a conversation in French with me and other members of the group. This is a lot of fun! Anne Giovinazzo, native of France instructs. Class Fee: \$120
#110595 May 4-Jun 22 W 1:00-2:30pm

Language – Intermediate French

Location: Brier Creek Community Center
Age: 16yrs and up. This course is for those who want to improve their knowledge in French: better pronunciation, more vocabulary and verbs. You will be able to have longer conversations amongst the group. I am French and it is my pleasure to speak as if we were in France! Anne Giovanzo instructs. Class Fee: \$120
#110597 May 3-Jun 21 T 1:00-2:30pm

Language – Beginner Italian

Location: Brier Creek Community Center
Age: 16yrs and up. Italian is considered by many to be the most beautiful of the world's languages. This course will teach you how to express yourself comfortably in Italian, within a cultural context. You'll learn basic conversation skills and vocabulary from an experienced language teacher. You'll be surprised how quickly you can learn many useful expressions in Italian! Guisy Leone, J.D., Italian native, instructs. Class Fee: \$70
#109643 May 2-20 M,F 7:00-8:30pm
#109644 Jun 9-26 W,Sa 9:00-10:30am

Money – Know Freedom

Location: Carolina Pines Community Center
Age: 18yrs and up. In this introductory class the power of being debt free and creating cash flow. You will be instructed how to: Identify and stop money leaks, control your spending and create cash flow, develop and implement and emergency fund, and create

money without getting a part time job. Class Fee: \$25

#109440	May 21	Sa	10:00am-12:00pm
#109441	Jun 18	Sa	10:00am-12:00pm
#109442	Jul 16	Sa	10:00am-12:00pm
#109443	Aug 20	Sa	10:00am-12:00pm

New Beginnings in Sewing

Location: Method Road Community Center
Age: 18yrs and up. This sewing class will help you to make something on the first night. You will enjoy the opportunity to create as well as save money in improving your wardrobe or make a gift for someone to enjoy. This craft will also give you the opportunity to use not only your hands constructively but also your thoughts. Please call for your supply list. Pre-registration required. Class Fee: \$99
#110253 May 5-26 Th 6:00-9:00pm

Raleigh Stamp Club

Location: Jaycee Community Center
Age: 18yrs and up. Come learn about stamps! Let's talk about our collections. We meet the first Monday of each month except for holidays. Membership dues are \$1/person/meeting.
#108610 May 2 M 7:30-9:00pm
#108611 Jun 6 M 7:30-9:00pm
#108612 Aug 1 M 7:30-9:00pm

Safety: RAD Women's Self Defense

Location: Brier Creek Community Center
Age: 16yrs and up. For women only, this class teaches techniques to fight off sexual assault, abduction, and domestic violence. Learn how to block a strike, escape a wrist grab, choke hold and bear hug, and execute more effective punches and kicks. Also covered: ground-fighting and rape reversal—essential for all women to know! Each session is two Saturdays. Pam Adamchik instructs. Class Fee: \$50
#109635 May 7-14 Sa 9:30am-12:00pm
#109636 Jun 4-11 Sa 9:00am-12:00pm

Spanish 1/Español 1

Age: 18yrs and up. This course is an introduction to basic conversational Spanish with an emphasis on listening and speaking. Topics such as time, days, months, colors, simple dialogues, and present tense of verbs are covered. Este curso es una introducción a la conversación en español con énfasis en escuchar y hablar el idioma. Se cubrirán temas como el concepto del tiempo, días de la semana, meses, colores. Diálogos simples y el tiempo presente de los verbos. Class Fee: \$50

Method

#108145	May 12-Jun 16	Th	6:30-8:00pm
Millbrook			
#108146	May 12-Jun 16	Th	6:30-8:00pm

Spanish for the Work Place

Location: Peach Road
Age: 16yrs and up. Spanish for the Work Place will focus on basic Spanish in the work place. This course teaches general customer service skills in Spanish to better

communicate with Spanish workers and clients. Class Fee: \$25

#109250	May 4-Jun 8	W	6:30-8:00pm
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Spanish II/Español 2

Location: Method Road Community Center
Age: 18yrs and up. This course is a continuation of Spanish I with continued emphasis on listening and speaking. Este curso es una continuación de la clase de español I con énfasis en escuchar y hablar el idioma. Class Fee: \$50
Method Road
#108170 Jun 30-Aug 4 Th 6:30-8:00pm
Millbrook Exchange
#108171 Jun 30-Aug 4 Th 6:30-8:00pm

Senior**E-Mail 101**

Location: John P. Top Greene Center
Age: 5yrs and up. Come and learn the basics of computers and emailing! Class Fee: \$0
#110525 May 3 T 4:00-5:00pm
#110526 Jun 7 T 4:00-5:00am
#110527 Jul 11-13 M,W 2:00-4:00pm
#110528 Aug 9 T 4:00-5:00pm

Family**A.R.C. Pet First Aid**

Location: Green Road Community Center
Age: 16yrs and up. The goal of first aid for dogs and cats is to protect both pet owners and their pets from further harm, injury or suffering during emergencies. This class, taught by the American Red Cross, will teach you how to act promptly and effectively to safeguard the life of an injured pet as well as provide tips for maintaining a pet's health and well-being. Class Fee: \$35
#110297 Jun 18 Sa 12:00-3:00pm

About Boating Safety Courses

Location: Lake Wheeler
Age: All Ages. Class covers basic boating skills, safety equipment, and boat-handling procedures—along with Federal and State boating regulations. Designed for both boat and personal water craft users. Newly required NC State boating regulations concerning boat operators require the successful completion of this type of course. Completed course will qualify students for Boaters Insurance Discount Programs through various insurance agencies. Class Fee: \$50
#109995 May 16-18 M,W 6:00-10:00pm
#109996 Jun 13-15 M,W 6:00-10:00pm
#109997 Jul 25-27 M,W 6:00-10:00pm

Cake Decorating 101

Location: Carolina Pines Community Center
Age: 12-99yrs. Don't want to be a professional, just want to make cakes look better. This basic cake decorating class will with help that. Classes will cover baking, filling, colors, borders, flowers, decorating,

designs and writing. Class Fee: \$30

Boarders and Flowers

#110198 Jun 25 Sa 11:00am-2:00pm

Decorating, Designing, Writing

#110199 Jul 23 Sa 11:00am-2:00pm

Chess Club – Family

Location: Pullen Community Center

Age: 5-12yrs. The family chess club will provide your child with 15 minutes of chess lessons at the beginning of each meeting. After the lesson, they will be able to practice their skills with 45 minutes of chess play time. The club meets every two weeks. Parents or guardians are required to stay with their child during the program. Please call for schedule. Class Fee: \$0

#108005 May 7-Aug 27 Sa 11:00am-12:30pm

Freedom Shrine

Location: Millbrook Exchange Community Ctr

Age: All Ages. Come out and visit this monument. The Freedom Shrine is a collection of original historic American documents photographically reproduced for display. The purpose of the shrine is to encourage citizens of our nation to gain a deeper understanding of the events that took place in the building of America.

Fundamentals of Sailing

Location: Lake Johnson

Age: 12yrs and up. Let's get ready for summer and enjoy sailing at beautiful Lake Johnson. Whether you are a first time sailor or need a refresher course in this exciting sport, our Fundamentals of Sailing class is for you. Instruction includes: terminology, basic sailing theory and practice, rigging and safety procedures. No previous sailing experience is necessary. All of the materials and equipment are included. Our fleet are Sunfish, the most popular sailboat worldwide. Sunday classes will break from 12:00-1:00pm for lunch. *Private sailing

lessons are available by appointment only. The lessons are \$60 city \$70 non-city for two hours with a maximum of two participants. Please call Margaret Duncan at 919-855-8530 to set the appointment.

Class Fee: \$50

#108370	Jun 6-9	M,Th	6:00-9:00pm
#108368	Jun 13-16	M,Th	6:00-9:00pm
#108362	Jun 25	Sa	12:00-6:00pm
#108364	Jun 26	Su	12:00-6:00pm
#108357	Jun 20-23	M,Th	6:00-9:00pm
#108358	Jun 27-30	M,Th	6:00-9:00pm
#108359	Jul 7	Th	6:00-9:00pm
#108365	Jul 23	Sa	12:00-6:00pm
#108366	Jul 24	Su	12:00-6:00pm
#108363	Aug 13	Sa	12:00-6:00pm
#108367	Aug 14	Su	12:00-6:00pm
#108360	Jul 11-14	M,Th	6:00-9:00pm
#108361	Jul 25-28	M,Th	6:00-9:00pm
#108369	Aug 8-11	M,Th	6:00-9:00pm
#108355	Aug 1-4	M,Th	6:00-9:00pm

Genealogy Basics

Location: John P. Top Greene Center

Age: 12yrs and up. It is a Family Affair: Genealogy Basics—Trying to trace your family heritage? Join other interesting people who are on the same quest. Learn the basics of tracing your family roots.

Pre-registration is required at least one day in advance of each class. Class Fee: \$0

#110530	May 11	W	6:30-7:30pm
#110531	Jun 15	W	6:00-7:00pm
#110529	Jul 13	W	6:00-7:00pm

Introduction PhotoShop

Location: Carolina Pines Community Center
Age: 12-99yrs. Got PhotoShop on your PC and not quite sure how to work it? This is the class for you! Learn to crop, rotate, red eye removal and take your photos to the next level. Class Fee: \$55

Intro to Photoshop and Correcting Imperfections

#110215	Jun 11	Sa	10:00am-12:00pm
Layers and Wrap			
#110216	Jul 30	Sa	10:00am-12:00pm

Music – Group Voice Lessons

Location: Method Road Community Center

Age: 8yrs and up. These lessons are geared towards beginners who need more confidence. Students will learn warm up exercises, beginning music theory, breathing exercises, tone production, range extension exercises, and performance techniques. Material cost: \$25. This class is taught by Annette Stowe, a soprano who has performed with North Carolina Opera, North Carolina Master Singers, Hawaii Opera Theatre, Eugene Opera, and Portland Professional Women Singers' Association. This class will make a difference in your singing career. Class Fee: \$55

#109906	Jun 1-Jul 6	W	7:30-8:30pm
#109907	Jul 27-Aug 31	W	7:30-8:30pm

Music – Private Voice Lessons

Location: Method Road Community Center

Age: 8yrs and up. Students will have one private 30-minute lesson per week. Along with song studies, students will learn warm up exercises, music theory, breathing mechanics, enhanced tone production, range extension exercises and performance techniques. Students will be invited to perform in the Method Community Center's Spring Showcase. Materials Fee \$25. Please call the Method Center office to schedule your individual 30-minute session. This class is taught by Annette Stowe, an experienced operatic singer who has performed with North Carolina Opera, the North Carolina Master Singers, Hawaii Opera Theatre, Eugene Opera, and Portland Opera. She is a performing member of the Professional Women Singers' Association and National Association of Teachers of Singing. You will be happy you had the opportunity to learn from this experienced artist. Class Fee: \$185

#109888	Jun 4-Jul 23	Sa	1:00-3:00pm
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Piano – Beginner

Location: John P. Top Greene Center

Age: 5yrs and up. Come learn how to play the piano! You will learn how to play the musical alphabet, how to read notes, and play songs! Sessions are in 30-minute increments starting at 5pm. Class Fee: \$40

#110546	May 5-26	Th	5:00-5:30pm
#110532	May 5-26	Th	5:30-6:00pm
#110533	May 5-26	Th	6:00-6:30pm
#110540	May 10-31	T	7:30-8:00pm
#110534	Jun 2-23	Th	5:00-5:30pm
#110535	Jun 2-23	Th	5:30-6:00pm
#110536	Jun 2-23	Th	6:00-6:30pm
#110537	Jun 2-23	Th	6:30-7:00pm
#110547	Jul 7-28	Th	5:00-5:30pm
#110548	Jul 7-28	Th	5:30-6:00pm
#110549	Jul 7-28	Th	6:00-6:30pm
#110538	Jul 7-28	Th	6:30-7:00pm
#110550	Aug 4-25	Th	5:00-5:30pm
#110551	Aug 4-25	Th	5:30-6:00pm
#110552	Aug 4-25	Th	6:00-6:30pm
#110539	Aug 4-25	Th	6:30-7:00pm
#110541	Aug 9-30	T	6:00-6:30pm
#110542	Aug 9-30	T	6:30-7:00pm
#110543	Aug 4-25	Th	6:30-7:00pm

Family Educational continued next page —



Family Educational continued —

Sailing Class

Location: Lake Wheeler

Age: 12yrs and up. This course is designed for individuals with little to no sailing experience, but who desire to explore the exciting recreational opportunities provided by sailing aboard a larger sailboat. Students will experience sailing first hand, that will include boat safety, water safety, and sailing operations. The class will be instructed on the water and at dockside. Come out and enjoy an educational experience that will leave you wanting to spend more time on the water sailing. Class Fee: \$60

#109969	May 14	Sa	10:00am-3:00pm
#109970	Jun 11	Sa	10:00am-3:00pm
#109978	Jul 9	Sa	10:00am-3:00pm

Sunfish Sailing Course

Location: Lake Wheeler

Age: 12-99yrs. This course is designed to teach the individual how to rig and sail Sunfish Sailboat with proficiency and ease. It is designed for the beginner sailor, with little to no sailing experience. The course will be taught by Bart Streb, certified American Sailing Association sailing instructor, with 35 years of sailing/racing/boat building. This course is designed to progress throughout the 4 hours from 'on the beach' instruction to 'on the water' sailing. Weather permitting, students should have a firm understanding on how to sail and maneuver the Sunfish Sailboat. Like any sport, sailing is participatory, it will take many trips to the lake to perfect your skills, and achieve a more advanced feel for sailing. This course is intended to get you started in the right direction. Class Fee: \$50

#110269	May 25-26	W-Th	6:00-8:00pm
#110270	Jun 22-23	W-Th	6:00-8:00pm
#110271	Jul 20-21	W-Th	6:00-8:00pm
#110272	Aug 10-11	W-Th	6:00-8:00pm

Volunteering and Random Acts of Kindness

Location: Optimist Community Center

Age: 3-5yrs. You're never too young to help others or make a difference in your community! This program teaches kids about the value of kindness and volunteer work by providing hands-on projects to do in-class that will benefit the community. All stories and games will revolve around the theme of Random Acts of Kindness, whether at home, school, or out volunteering. We'll talk about the importance of giving and sharing, draw kindness-cards for our neighbors, put together boxes of food for donation, and much more! This class will engage participants in in-class volunteer work to benefit the community. The final day of class ends when the kids create a 'Kindness Capsule,' which we will bury for

future generations of do-gooders! Class Fee: \$35

Preschoolers (Ages 3-5)

#110507	May 16-20	M-F	12:30-2:00pm
#110508	Aug 8-12	M-F	10:00-11:30am

Ages 6-11

#110510	Jun 15-29	W	12:45-2:15pm
#110511	Jul 13-27	W	12:45-2:15pm
#110512	Aug 3-17	W	12:45-2:15pm

Worm Composting (Vermiculture)

Location: Millbrook Exchange Community Ctr

Age: 8yrs and up. Red wiggler worms can help you reduce smelly garbage and benefit your garden. Learn how easy it is to set up a home worm bin in this interactive workshop. The instructor provides all materials (and worms!) needed to set up your worm bin. All children must be accompanied by an adult. Registration fee is per-person and is required four days prior to the program. Bianca Howard instructs. Class Fee: \$20

#110309	Jul 16	Sa	10:00am-12:00pm
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Fitness

Preschool

+Gymnastics – Preschool Tumblers

Location: Green Road Community Center

Age: 3-5yrs. Join us as we explore creative skill techniques utilizing apparatus and movement combinations. Balance, flexibility, stamina, form, style and creative patterns are learned. Little or no experience needed. Coach 'K', NCAE Certified, instructs. Class Fee: \$40

#107552	May 6-27	F	11:45am-12:30pm
#107556	May 6-27	F	2:15-3:00pm
#109325	Jun 3-24	F	2:15-3:00pm
#109326	Jul 8-29	F	2:15-3:00pm

Gymnastics – Parent and Tot Tumblers

Location: Green Road Community Center

Age: 15-24mths. Fun and exciting learning including stunts, tumbling, rolls, climbs, jumps and flips. Motor skill development and spatial expression area play are emphasized. This is a parent-tot participation class. At least one parent must attend.

Coach 'K', NCAE Certified, instructs. Class Fee: \$40

Green Road Community Center

#107551	May 6-27	F	10:45-11:30am
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Laurel Hills Community Center

#108445	Jul 2-23	Sa	12:00-12:45pm
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Gymnastics – Tumbling Tinies

Location: Greystone Community Center

Age: 9-24mths. Parent and child participate in a fun filled class that enhances balance, fitness and social skills. Tots will enjoy music, silly dances, tunnels, slides, obstacle courses, parachute play more! This class provides a time of fun and togetherness for

you and your little one while building their motor skills. Instructor: Bethany Schlegel, BS in Education and former USGA Gymnast. Class Fee: \$40

Greystone Community Center

#109316	May 5-26	Th	9:30-10:15am
#109317	Jun 2-23	Th	9:30-10:15am
#109318	Aug 4-25	Th	9:30-10:15am

Brier Creek Community Center

#108919	May 6-27	F	9:30-10:15am
#108920	Jun 3-24	F	9:30-10:15am
#108921	Aug 5-Sep 2	F	9:30-10:15am

Gymnastics – Tumbling Tots

Location: Greystone Community Center

Age: 2-3yrs. Parent and child participate in fun filled class that enhances motor skills, strength, balance, fitness and social skills. Children enjoy beginning gymnastic skills, obstacle courses, music, silly dances, parachute play and more! Have fun bonding with your child while they release energy in a fun and safe setting. Instructor: Bethany Schlegel, Former USGA Gymnast, BS in Elementary Education. Class Fee: \$40

Greystone

#109319	May 5-26	Th	10:30-11:15am
#109320	Jun 2-23	Th	10:30-11:15am
#109321	Aug 4-25	Th	10:30-11:15am

Brier Creek

#108923	May 6-20	F	10:30-11:15am
#108922	Jun 3-24	F	10:30-11:15am
#108924	Aug 5-26	F	10:30-11:15am

Gymnastics – Tumble Time

Location: Brier Creek Community Center

Age: 3-4yrs. Children are introduced to the basics of gymnastics in a fun and playful class. Your child will experience the fun of doing flexibility moves, stunts, beam, bars, obstacle courses, parachute play and more! Course designed to help youth release energy while developing strength, flexibility, coordination and confidence. Instructor: Bethany Schlegel, former USGA Gymnast, BS in Elementary Education. Class Fee: \$40

#108928	May 6-27	F	11:30am-12:15pm
#108926	Jun 3-24	F	11:30am-12:15pm
#108927	Aug 5-26	F	11:30am-12:15pm

Gymnastics – Bottoms Up Tumble (Parent/Child)

Location: Green Road Community Center

Age: 9-14mths. Even though this course includes tumbling, rolls, lifts, hoops, tunnels and more creative games to stimulate motor skill development, pulling up to walk is also one of our objectives. Instructional support with safe apparatuses, scoots and other incentives are included. There will be balance lesson stimulants, color zone-play, placement and an obstacle course of fun.

Disney Musical Collection is the music choice. Instructor: Khadija AKA Coach K, BS, Licensed/Certified. Class Fee: \$40

#107560	May 6-27	F	10:00-10:45am
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Open Gym for Tots

Location: Method Road Community Center

Age: 3-5yrs. Open gym for preschool age youths using and playing with age

appropriate equipment. Parents or teaching staff will need to be present and involved during play time. Registration is required.

Class Fee: \$0

#109940 May 2-27 M,W,F 10:00am-2:00pm

#109941 Jun 1-10 M,W,F 10:00am-2:00pm

Preschool Fitness

Location: Roberts Park Community Center

Age: 4-5yrs. This program teaches preschoolers the importance of physical fitness through games and recreation activities. Learn hand-to-eye, hand-to-foot coordination, follow instructions, numbers, colors and alphabets. Please register two weeks in advance. Class Fee: \$10

#109792 May 7-28 Sa 9:30-10:30am

#109793 Aug 6-27 Sa 9:30-11:00am

Youth

B-Ball Club

Location: Worthdale Community Center

Age: 12-15yrs. Club members will enjoy gym time, health and nutrition, speakers, movies and more. Class Fee: \$5

#108349 May 4-Jul 22 W,F 5:30-7:00pm

Fitness – Kids In Motion

Location: Method Road Community Center

Age: 8-12yrs. This 8-week after school fitness and nutrition program combines fun, non-traditional interactive and nutrition games, learning to make healthy snacks, and creative movement, for kids who struggle with eating healthy and staying active. Class Fee: \$0

#109921 May 2-Jun 8 M,W 4:00-6:00pm

Fun Fitness

Location: Sanderford Road Park

Age: 9-15yrs. Sanderford Road Center knows how to make exercising fun! Kids can use their enthusiasm while embarking on new adventures in exercise to stay in shape.

Activities may include group games and athletic events. Let's get fit! Class Fee: \$0

#110243 May 18 W 5:00-6:00pm

#110252 Jun 15 W 5:00-6:00pm

#110254 Jul 13 W 5:00-6:00pm

#110255 Aug 17 W 5:00-6:00pm

Gymnastics – Elementary Gymnastics

Location: Green Road Community Center

Age: 4-11yrs. Learn the basic techniques and form while experiencing the fun fitness of tumbling and gymnastics. Will have great fun with apparatus, multi-rolls, stands, jumps, beams, stunts, flips, hoops, parachutes, tunnels, vault works, and more!! Wonderful for enhancing socialization and motor skill development. Coach K, NCAE certified, instructs. Class Fee: \$40

#107544 May 6-27 F 4:00-4:45pm

#109323 Jun 3-24 F 4:00-4:45pm

#109324 Jul 8-29 F 4:00-4:45pm

Gymnastics – Tumblers

Location: Laurel Hills Community Center

Age: 4-7yrs. Learn the basics of tumble gymnastics! This course will include skills

and techniques for safety, form, rolls, obstacle course play, vaults and beams. Young gymnasts will experience the joy of performing stunts, flips, multi-jumps, tunnel fun, hoops, parachutes and more! Great for fitness, social and motor skills. Coach K instructs. Class Fee: \$40

#108443 Jun 4-25 Sa 12:00-12:45pm

#108444 Aug 6-27 Sa 12:00-12:45pm

Karate – Modified Isshinryu Style

Location: Eastgate Park

Age: 7yrs and up. The style of martial arts taught in this class is based in Isshinryu karate with added elements of Aikido, Jui Jitsu, and kickboxing. Open to anyone without regard to physical ability, Sensei Michael Cassert sees martial arts as a means of 'self improvement' and believes confidence, discipline, respect, and esteem are built through this practice. In an environment that discourages aggression, students will learn self-defense tactics including striking, grappling, joint locking, and more. Class Fee: \$44

#110210 May 2-23 M,Th-F 6:30-7:30pm

#110211 Jun 2-27 M,Th-F 6:30-7:30pm

#110212 Jul 7-28 M,Th-F 6:30-7:30pm

#110213 Aug 4-29 M,Th-F 6:30-7:30pm

Karate Introduction for Kids

Location: Brier Creek Community Center

Age: 4-5yrs. Kids love karate for the big movements, new skills and self confidence. Parents love karate for exercise, increased focus, and good manners. KIK helps boys and girls with no karate or classroom experience improve coordination and listening through Japanese karate. Instructor: Triangles Best Karate. Class Fee: \$27

#108948 Jun 6-20 M 5:45-6:15pm

#108949 Aug 1-22 M 5:45-6:15pm

Karate Youth!

Location: Brier Creek Community Center

Age: 7-12yrs. Learn Japanese karate basics of punches, blocks, kicks, and stances in a fun, structured and safe environment.

Benefits include improved listening, coordination, manners, and self discipline. Instructors are experienced karate instructors from AAU and Triangle Best Karate. Class Fee: \$27

#108953 Jun 8-22 W 5:45-6:25pm

#108954 Aug 3-24 W 5:45-6:25pm

Kinder Tae Kwon Do

Location: Lions Park Community Center

Age: 4-6yrs. Martial arts class for youth. This program provides introductory instruction in Tae Kwon Do. Parents are encouraged to observe. Class Fee: \$25

#109183 May 5-26 Th 6:30-7:30pm

#109184 Jun 2-23 Th 6:30-7:30pm

#109185 Jul 7-Aug 4 Th 6:30-7:30pm

#109186 Aug 4-25 Th 6:30-7:30pm

Shotokan – Youth

Location: Barwell Road Community Center

Age: 6-14yrs. Shotokan builds character through the training of martial arts.

Participants will master the different

components of Shotokan style Karate.

Benefits of the class will also include building confidence, increase motor skills, discipline, self defense, self control and more. Classes are held on Monday and Wednesday nights at 6-7pm. Eric Blaize instructs. Class Fee: \$44

Lake Lynn Community Center

#107912 May 2-25 M,W 6:00-7:00pm

#107913 Jun 1-29 M,W 6:00-7:00pm

#107914 Jul 6-Aug 1 M,W 6:00-7:00pm

#107915 Aug 3-31 M,W 6:00-7:00pm

Tae Kwon Do Youth

Location: Worthdale Community Center

Age: All Ages. Learn the art of self defense and discipline. Students will continue to refine their skills, learn different techniques and develop physical fitness. Class Fee: \$25

#108323 May 3-26 T,Th 6:30-7:30pm

#108324 Jun 2-28 T,Th 6:30-7:30pm

#108325 Jul 5-Aug 2 T,Th 6:30-7:30pm

#108326 Aug 2-25 T,Th 6:30-7:30pm

Track & Field Clinic

Location: Buffaloe Road Athletic Park

Age: 9-14yrs. This is a free track & field clinic for boys and girls. No previous experience is necessary. Learn the basics about Sprinting, Relays, Jumping, Throwing and Mid-Distance events. Class Fee: \$0

#110631 Jun 11 Sa 8:00am-12:00pm

ZumbaAtomic®

Location: Laurel Hills Community Center

Age: 6-10yrs. ZumbaAtomic® fitness program for kids is a mix of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop and more) and involves hula hoops, games, sharing and team work. Safe and effective. Ms. Bettie instructs. Class Fee: \$30

#108384 May 2-23 M 4:30-5:15pm

Teen

Fitness for Girls — Jump Up and Move

Location: Barwell Road Community Center

Age: 11-15yrs. Designed to get youth more physically active through various sessions including fitness, cardio circuits, active games and sport introduction. All fitness levels are welcome to participate. Class Fee: \$36

#109821 May 10-31 T 7:00-8:00pm

Adult

Aerobics – Dancercise

Location: Lake Lynn Community Center

Age: 18yrs and up. Join instructor Pat Sorrell for a full body workout designed for ladies of all ages. Starting out slowly, through small dance routines (series of exercise patterns to music), we begin to build our endurance and our strength, gaining a new positive awareness of our bodies. Class Fee: \$80/\$50

#108578 Jun 27-Aug 22 M,W 5:45-7:00pm

#108579 Jun 28-Aug 16 T 5:45-7:00pm

Adult Fitness continued next page —

Adult Fitness continued —

Belly Dance For Exercise – Beginners

Location: Lake Lynn Community Center
Age: 18yrs and up. This class will introduce you into the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For additional information go to Kasha's website: www.kashabellydance.com. Class Fee: \$80

#107502	May 2-Jun 27	M	7:00-8:00pm
#107503	Jul 11-Aug 29	M	7:00-8:00pm

Belly Dance for Exercise – Beyond Basic

Location: Lake Lynn Community Center
Age: 18yrs and up. After learning the basics of bellydance, move on to Beyond Beginning and learn choreography, zills, and veil routines. Opportunities for performing are provided along with information on costuming, makeup and jewelry. Kasha instructs. For more information on the program, visit Kasha's website at www.kashabellydance.com. Class Fee: \$80

#107504	May 2-Jun 27	M	8:00-9:00pm
#107505	Jul 11-Aug 29	M	8:00-9:00pm

Bollywood Dance for Fun and Exercise

Location: Lake Lynn Community Center
Age: 18yrs and up. Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Incorporating both traditional Indian styles like Banghra as well as western influences like hip hop, you'll find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. Women of all ages, shapes, sizes, and fitness levels are welcome—come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. It is a style that is easy to learn with no previous dance experience. Kasha will be teaching a complete choreography in this class. Wear loose fitting clothing and soft-soled shoes or bare feet. Class Fee: \$88

#107506	May 3-Jun 21	T	7:00-8:00pm
#107507	Jul 12-Aug 30	T	7:00-8:00pm

Bollywood Dance for Fun and Exercise – Advanced

Location: Lake Lynn Community Center
Age: 18yrs and up. This class is for the students who have taken at least two Beginning Bollywood classes with Kasha and are ready to do more. Students should have a love of Bollywood dance and music and be committed to practicing outside of class time. Students will be expected to contribute small sections of dance to the class choreography. Kasha instructs at

www.kashabellydance.com. Class Fee: \$88

#107508	May 3-Jun 21	T	8:00-8:55pm
#107509	Jul 12-Aug 30	T	8:00-8:55pm

Capoeira

Location: Marsh Creek Park
Age: 18yrs and up. This class is meant to strengthen your muscles and your stability. You can also gain strength and confidence as the structure of the class is a mock battle between two students. Using techniques taught in the class you start to feel that it is an experience not an exercise. There is no fee to take this class. Class Fee: \$0

#110590	May 3-Aug 30	T	7:00-8:30pm
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Cardio Fitness Workout Class

Location: Lions Park Community Center
Age: 18-99yrs. Physically, Tae Kwon Do develops strength, speed, balance, flexibility, and stamina. Along with a cardio workout this class will focus on physical fitness. By incorporating calisthenics, tae kwon do basics and cardio/strength training program that works on multiple body areas including core, arms and legs the design of the class is to increase physical fitness along with the benefits of a healthier body. Class Fee: \$20

#109179	May 6-27	F	7:30-8:30pm
#109178	Jun 3-24	F	7:30-8:30pm
#109180	Jul 1-29	F	7:30-8:30pm
#109181	Aug 5-26	F	7:30-8:30pm

Change Your Mind, Change Your Body Seminar

Location: Method Road Community Center
Age: 18yrs and up. Are you tired all the time? Suffering from stress, fatigue, anxiety or insomnia? Feeling unfocused and

finding it harder to think clearly? Are you experiencing weight problems, allergies, emotional or physical pain? Attend our Chi Energy Heals Seminar and learn how to transform your body through teacher Cindy Cicero's powerful and effective Chi program. You will learn how to cultivate and experience Chi Energy in a way that will bring you a balanced mind and body, less stress and fatigue, more energy, sharper focus, healthy immune system, restorative sleep, emotional balance, balanced weight, and reduced allergic reactions. Class Fee: \$10

#110207	May 11	W	7:00-8:00pm
#110209	Jun 8	W	7:00-8:00pm
#110214	Aug 17	W	7:00-8:00pm

Dance – Line Dance Basic I

Location: Brier Creek Community Center
Age: 12yrs and up. Basic steps and dance concepts introduced in a fun and supportive atmosphere. The variety of music is designed to set the pace for beginner dancers and active older adults. Great exercise for the body and mind. Walter Tallman instructs. Class Fee: \$4

#109545	May 5	Th	5:30-6:15pm
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Dance – Line Dance Basic II

Location: Brier Creek Community Center
Age: All Ages. Advance Beginner/Early Intermediate line dances that builds confidence with basic steps. Bring your friends and make new ones while enjoying your favorite music on the dance floor. Cupid Shuffle, Outta-Touch, and Bring Me Water are a couple of the dances introduced. Walter Tallman instructs. Class Fee: \$4

#109560	May 5	Th	6:30-7:30pm
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Dance – Line Dance Intermediate

Location: Brier Creek Community Center
Age: 18yrs and up. Master progressively more complex step patterns and longer dance sequences while dancing to a mix of Pop, Country, R&B, and Latin. Roomba, Poker Face, and Spotlight are some dance taught. Walter Tallman instructs. Class Fee: \$4
#109605 May 5 Th 7:30-8:45pm

Dance – TGIF Line Dance Party!

Location: Brier Creek Community Center
Age: 14yrs and up. All Triangle-area line dancers are invited to join us for two hours of fun, friendship, and dance! Share your love of line dancing and discover the diversity of our dance community! Meets continuously every Friday! Walter Tallman instructs. Class Fee: \$4
#109527 May 6 F 6:30-8:30pm

Exercise – Cardio Karate

Location: Laurel Hills Community Center
Age: 16yrs and up. Experience the thrill, fun and excitement of Cardio Karate while burning calories through rigorous punching and kicking workouts. Cardio Karate is a great total body workout that teaches simple self defense techniques, while improving your balance, flexibility, coordination and endurance. Classes are designed for both beginner and more experienced kickboxers, and are medium to high impact. Jim LeClair instructs. Class Fee: \$36
#110015 May 3-26 T,Th 7:15-8:00pm
#110017 Jun 2-28 T,Th 7:15-8:00pm
#110019 Jul 5-28 T,Th 7:15-8:00pm
#110021 Aug 2-25 T,Th 7:15-8:00pm

Exercise – Kripalu Yoga Beginning

Location: Sertoma Arts Center
Age: 16yrs and up. Yoga is an ancient art that combines postures for the body, breathing for relaxation, and meditation for the mind. Kripalu Yoga is a gentle yoga that encourages students to discover their own degree of flexibility rather than push past their limits. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Susan Kilmon instructs. Class Fee: \$40
#107004 May 2-Jun 6 M 6:00-7:00pm
#107001 Jun 13-Jul 18 M 6:00-7:00pm
#107005 Jul 25-Aug 22 M 6:00-7:00pm
#107002 May 2-Jun 6 M 7:00-8:00pm
#107006 Jun 13-Jul 18 M 7:00-8:00pm
#107003 Jul 25-Aug 22 M 7:00-8:00pm
#107008 May 3-Jun 7 T 12:00-1:00pm
#107009 Jun 14-Jul 19 T 12:00-1:00pm
#107010 Jul 26-Aug 23 T 12:00-1:00pm

Exercise – Kripalu Yoga Continuing

Location: Sertoma Arts Center
Age: 16yrs and up. This course is a continuation of Kripalu Yoga beginning class. Student's should have taken the beginning class or have yoga experience. Before undertaking any exercise program one should consult a physician. Bring a

large towel or blanket and wear comfortable clothing. Susan Kilmon instructs. Class Fee: \$40

#107014 May 4-Jun 8 W 7:00-8:00pm
#107015 Jun 15-Jul 20 W 7:00-8:00pm
#107016 Jul 27-Aug 24 W 7:00-8:00pm
#107013 May 5-Jun 9 Th 12:00-1:00pm
#107017 Jun 16-Jul 21 Th 12:00-1:00pm
#107018 Jul 28-Aug 25 Th 12:00-1:00pm

Exercise – Meditation

Location: Sertoma Arts Center
Age: 16yrs and up. Practice the art of inner listening and discover how insight and meditation can help you feel truly alive and connected with the treasure each moment brings. Bring a firm pillow and either a mat or blanket to each class. Susan Kilmon instructs. Class Fee: \$40
#107019 May 4-Jun 8 W 6:00-7:00pm
#107020 Jun 15-Jul 20 W 6:00-7:00pm
#107021 Jul 27-Aug 24 W 6:00-7:00pm

Exercise – Nia

Location: Sertoma Arts Center
Age: 13yrs and up. Nia explores the body, mind, emotion, and spirit connection in a non-impact practice that combines martial arts, dance, and healing arts. It delivers a safe, effective cardiovascular workout with total body conditioning adaptable to all fitness levels. Before undertaking any exercise program one should consult a physician. To learn more visit www.trianglenia.com. Instructors: Julie Ihrig, Laura Ghanous, or Deana Challis. No class May 28. Class Fee: \$64
#106886 May 3-Jun 21 T 9:30-10:30am
#106887 Jul 12-Aug 30 T 9:30-10:30am
#106888 May 6-Jun 24 F 9:30-10:30am
#106889 Jul 8-Aug 26 F 9:30-10:30am
#106891 Apr 30-Jun 25 Sa 10:00-11:00am
#106892 Jul 9-Aug 27 Sa 10:00-11:00am
#106893 May 5-Jun 9 Th 7:00-8:00pm
#106894 Jun 16-Jul 21 Th 7:15-8:15pm
#106895 Aug 4-Sep 1 Th 7:15-8:15pm
#107541 May 5-Jun 9 Th 10:00-11:00am
#107542 Jun 16-Jul 21 Th 10:00-11:00am
#107543 Jul 28-Sep 1 Th 10:00-11:00am

Exercise – Weight Room/Fitness Centers

Age: 18yrs and up. Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The 17 fitness rooms will be open during normal center operating hours. Please see staff for fees and membership information.

Exercise – Zumba at Sertoma

Location: Sertoma Arts Center
Age: 12yrs and up. Zumba is all about partying your way to fitness! ALL fitness levels enjoy this perfect blend of dance and exercise. You will have so much fun that you won't even realize that you're burning up to 1000 calories per class! We'll explore Salsa, Samba, Cumbia, African Dance, belly dance, and more—in a fun and easy to follow format. Usually two songs will be especially

devoted to toning our upper bodies while we are dancing. Instructors: Karen Coates or Sarah Brake. Class Fee: \$40

#109166 May 2-Jun 6 M 10:30-11:30am
#109165 Jun 13-Jul 18 M 10:30-11:30am
#110203 Aug 1-29 M 10:30-11:30am
#110864 May 3-Jun 7 T 6:00-7:00pm
#110865 Jun 14-Jul 19 T 6:00-7:00pm
#110866 Jul 26-Aug 30 T 6:00-7:00pm

Feet Meet Sneaks

Location: Roberts Park Community Center
Age: 40yrs and up. A walking program. Your feet will be happy to contribute to your improved health. An inexpensive exercise program that provides both therapeutic and social benefits. One foot in front of the other and you are on your way to a healthier and happier life. Class Fee: \$0
#109829 May 5-26 Th 9:30-10:30am

Fitness – Kickboxing

Location: Brier Creek Community Center
Age: 16yrs and up. Experience the thrill, fun and excitement of cardio kickboxing while burning calories through rigorous punching and kicking workouts. Great total body workout designed for the beginner and more experienced kickboxer. Instructor: Triangle Best Karate. Class Fee: \$30
#108958 Jun 1-22 M,W 7:45-8:30pm
#108959 Aug 1-24 M,W 7:45-8:30pm

Fitness – Personal Trainer

Location: Pullen Community Center
Age: 16yrs and up. Certified Personal Trainer, Advanced Personal Trainer and Senior Fitness Specialist, Ervin Mitchell, Sr. can help you design a workout that is right for you. Focus on increasing your flexibility, body toning, strength training, and cardiovascular fitness. One-hour sessions are available by appointment only. Class Fee: \$30/one hour session Class Fee: \$30

Fitness – Turn Me Loose Fitness Bootcamp

Location: Brier Creek Community Center
Age: 18-54yrs. TML 'Turn Me Loose' Fitness Bootcamp is a 6-week Monday-Friday fitness program that meets for one hour each day at the Brier Creek Community Center. TML Fit Camp combines the latest fitness techniques in stretching, plyometrics, strength training and Cardio for optimum fat loss. Program includes weekly individual meetings with TML Program Creator fitness/beauty expert Cassandra Wycko to help ensure over all program success. All individuals will receive upon sign up, a personal fitness assessment, a 'TML Camp Mess Log' that will include fitness tips, recipes, local industry related coupons and a food journal. TML Fit Camp is suitable for all fitness levels. Instructor: Cassandra Wycko, NASM Certified, ACE Certified. \$300. Class Fee: \$300
#109708 May 9-Jun 17 M-F 9:15-10:15am
#109709 Aug 1-Sep 9 M-F 9:15-10:15am
#109710 May 9-Jun 17 M-F 6:15-7:15pm
#109711 Aug 1-Sep 9 M-F 6:15-7:15pm

Adult Fitness continued next page —

Adult Fitness continued —

Fitness Boot Camp for Beginners

Location: Millbrook Exchange Community Ctr
Age: 18yrs and up. The SQUIRE Fitness Boot Camp Class is a highly intense yet safe, efficient, and effective group exercise class that will allow beginners to burn a substantial amount of calories in a short period of time. Calisthenic-based exercises vary from class to class. These drills will help build balance, agility, and coordination as well as keep students challenged and leave them feeling exhilarated and energized. A unique blend of aerobic and muscle toning exercises will help you reduce body fat and tone muscle simultaneously. Taught in semiprivate environment to allow participants to gain intimate support and positive reinforcement from each other. A truly holistic way to get fit! Sean Squire instructs. Class Fee: \$140

#108762	May 2-27	M,W,F	6:30-7:30pm
#108763	Jul 1-29	M,W,F	6:30-7:30pm
#108764	Aug 1-29	M,W,F	6:30-7:30pm
#108766	Jun 1-29	M,W,F	6:30-7:30pm

Fitness First Boot Camp

Location: Laurel Hills Community Center
Age: 18yrs and up. Boot Camp is fun, high energy group exercise that concentrates on cardiovascular and strength training. This class is for everyone from the casual trainer to the marathon runner—or just women that want a great workout to help get back in shape. Instructor: Kyle Furlow, AFAA certified. Class Fee: \$40
#108495 May 3-26 T,Th 10:15-11:15am

Fitness Fun at Chavis

Location: Chavis Community Center
Age: 18-99yrs. Looking for some workout fun? Join us for a combo fitness class that includes the high energy Latin grooves of Zumba, the body strengthening work of Muscle Cut and conditioning of your core, glutes, thighs, and rear with No Rear No Guts, Much Glory! Please note two class sessions are offered weekly for your convenience. Please make sure you indicate Session I or II when registering. Class Fee: \$20

Session I

#108377	May 5-26	Th	6:30-7:15pm
#108378	Jun 2-30	Th	6:30-7:15pm
#108379	Jul 7-28	Th	6:30-7:15pm
#108387	Aug 4-25	Th	6:30-7:15pm

Session II

#108380	May 5-26	Th	7:30-8:15pm
#108381	Jun 2-23	Th	7:30-8:15pm
#108382	Jul 7-28	Th	7:30-8:15pm
#108392	Aug 4-25	Th	7:30-8:15pm

Freds Fitness Camp

Location: Green Road Community Center
Age: 12-99yrs. Have you been looking for a fun and rewarding exercise class to get or to stay in shape? Here is that class... if you want a Fun Fitness Experience that is Diverse and will Feed your Soul, join me at one of my 'outside the box' Fitness Sessions. However, Be Prepared to sweat and get results! Instructor: Fred Blango

NASM-CPT, CES Certified (certified personal trainer). Class Fee: \$48

#107637	May 2-25	M,W	7:15-8:15pm
#107639	May 30-Jun 22	M,W	7:15-8:15pm
#107641	Jun 27-Jul 25	M,W	7:15-8:15pm
#107643	Aug 1-24	M,W	7:15-8:15pm

Fun Fit

Location: Worthdale Community Center
Age: 18-65yrs. Get fit and have fun through exercising to a variety of music, easy dance steps and line dancing. Participants will receive a complimentary weight room pass. Class Fee: \$30
#108342 May 3-5 T,Th 6:00-7:00pm
#108344 Jul 5-7 T,Th 6:00-7:00pm
#108345 Aug 2-4 T,Th 6:00-7:00pm
#108343 Jun 2-7 T,Th 6:00-7:00pm

Green Road Heart Pumping Aerobics

Location: Green Road Community Center
Age: 12-99yrs. Green Road Heart Pumping Aerobics or Green Road HPA for short is an energetic, upbeat aerobics class that is sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises, for a superior total body workout. Trust me when I say, you don't want to miss this class! Instructors: Fred Blango NASM-CPT, CES Certified (certified personal trainer). Class Fee: \$48

#107644	May 2-25	M,W	6:00-7:00pm
#107645	May 30-Jun 22	M,W	6:00-7:00pm
#107646	Jun 27-Jul 25	M,W	6:00-7:00pm
#107647	Aug 1-24	M,W	6:00-7:00pm

Lake Johnson Running Group

Location: Lake Johnson
Age: 16-80yrs. So you want to run a marathon? Or, maybe just a half-marathon? Maybe you want to run a 5km, or improve your race time? We can help you! Meet new running buddies. Train with friends. Get access to experienced coaching. Train together over the great trails at Lake Johnson Park. Learn how to train effectively, how to prevent injury, proper weight training, stretching, pacing, goal-setting and much more. The Lake Johnson Running Group is for runners of all ages and abilities. The group will meet on Tuesdays from 12:00-2:00pm and/or Wednesdays from 4:00-6:00pm at the Lake Johnson Waterfront Program Center on the Avenet Ferry Road. Registration fee includes a Lake Johnson Running Group dri-fit technical running shirt. Class Fee: \$50
#108383 May 3-Aug 24 T-W 12:00-2:00pm

Lake Wheeler Hatha Yoga

Location: Lake Wheeler
Age: 12-99yrs. Hatha Yoga. Slow paced stretching class with simple breathing exercises and meditation. You will learn the basic poses, relaxation techniques, and become comfortable with yoga. Join our Hatha Yoga class at Lake Wheeler Park. Class Fee: \$80
#110226 May 7-Jun 25 Sa 8:00-9:00am
#110227 Jul 9-Aug 27 Sa 8:00-9:00am

Martial Arts – Aikido

Location: Green Road Community Center
Age: 16yrs and up. Aikido is a fantastic program that has been running strong for over 10 years at Green Road. Aikido is the Martial Art that focuses on using minimum effort with maximum efficiency by using throws, joint holds, chokes and body movements to avoid attack. In addition, it concentrates on self-defense strategy and technique as well as staying in good shape. Class Fee: \$70
#107564 May 3-Jun 23 T,Th 7:15-8:45pm
#107565 Jun 28-Aug 18 T,Th 7:15-8:45pm

Pilates/Yoga – Power Fusion

Location: Lake Lynn Community Center
Ages: 18 and up. Challenge yourself in a whole new way with Power Fusion! A class of constant flowing movements inspired by Yoga and Pilates practices, students will improve strength, endurance, stability, flexibility and body composition. Taught by Molly Boothe, a Certified Fitness Specialist. Take both the Sunday and Thursday sessions for a discounted rate of \$65 for all eight classes! Fee: \$40
#110614 Jul 10-31 Su 2-2:45pm
#110615 Jul 7-28 Th 5:45-6:30pm
#110616 Jul 7-31 Su,Th

Shotokan – Adults

Location: Barwell Road Community Center
Age: 15yrs and up. Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Have fun, learn a traditional martial art and enjoy a challenging workout! Class is on Mondays and Wednesdays from 7:00-8:00pm. Eric Blaiz instructs. Class Fee: \$15
#107920 May 2-25 M,W 7:00-8:00pm
#107921 Jun 1-29 M,W 7:00-8:00pm
#107922 Jul 6-Aug 1 M,W 7:00-8:00pm
#107923 Aug 3-31 M,W 7:00-8:00pm

Soul Line Dance

Location: Lions Park Community Center
Age: 16-65yrs. It's fun, it's easy, it's exercise? Yes, it's Soul Line Dance! Learn the latest line dances all in a 90-minute workout. Class Fee: \$30
#109195 Jun 1-Jul 6 W 6:30-8:00pm

Vic Coffin Karate

Location: Lake Johnson
Age: 16-85yrs. In these classes, we will provide an atmosphere where students will learn discipline through authentic, traditional training. We will give the student awareness and preparation in the art of self defense that will provide value throughout their lifetime. Whether you're a seasoned karate-ka or you have no idea what a karate training uniform is called, you're invited to come have fun, get fit, and join us in our study of Okinawa Kenpo Karate and Kobudo (weaponry). For more information on the history and lineage of this karate system, please visit the Vic Coffin Karate website at www.viccoffinkarate.com. Rensei JP Brown is a Godan (5th degree black belt) and a senior karate

instructor under Hanshi Vic Coffin (9th dan, Okinawa Kenpo Karate and Kobudo). He has trained in karate for over 16 years and has recently had success winning several state and national competitions for his proficiency in kata and weapons. Class Fee: \$80

#108482 May 5-Jun 23 Th 6:00-8:00pm
#108483 Jul 7-Aug 25 Th 6:00-8:00pm

Weight Lifting Safety Tips

Location: Worthdale Community Center
Age: 18yrs and up. Learn the basics of working out with weights and exercise equipment in a supervised setting. Enjoy getting fit with safe workout routines. Class Fee: \$20
#110376 May 3-26 T,Th 6:00-7:00pm

Yoga – Vinyasa

Location: Pullen Community Center
Age: 18yrs and up. Teaches the fundamentals of the postures, breathing and relaxation in a safe and nurturing environment. Using a slower blend of vinyasa (flowing), this class moves through all the main postures, with a focus on correct alignment and ease of purpose to warm up the body, bring flexibility the all muscles and joints and wake up the nervous system. Breathing is incorporated into all the movements, with an emphasis on practicing in a relaxed manner and feeling content during your practice. This practice ends with deep relaxation, breathing and meditation to bring a sense of well-being to the body and peace to the mind. Be prepared to practice barefoot with loose/stretchy, comfortable clothes, and bring a yoga mat if you have one. A limited number of mats will also be available. For your comfort, do not eat a large meal two hours prior to class. Class Fee: \$25

#108044 Jun 9-Jul 14 Th 7:30-8:45pm
#108045 Jul 28-Sep 1 Th 7:30-8:45pm

Yoga at Green Road

Location: Green Road Community Center
Age: 18yrs and up. The human body is a work of art when considering the multiple layers of color, texture, shape and definition. A framework of bones with muscles attached creates the outside covering of our being that moves us through the world. The core muscle group wraps like a girdle around the midsection of the body. These muscles join and support both the upper and lower parts of our body while creating and supporting alignment of the spine. Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity. Instructor: Susan King, LMBT. Students may pay per

class or purchase an 8-class punch pass.

Class Fee: \$42

8-Class Punch Pass

#107648 May 4-Jun 22 W 10:00-11:00am
#107649 Jul 6-Aug 31 W 10:00-11:00am

Single Class

#107650 May 4 W 10:00-11:00am
#107651 May 11 W 10:00-11:00am
#107652 May 18 W 10:00-11:00am
#107653 May 25 W 10:00-11:00am
#107654 Jun 1 W 10:00-11:00am
#107655 Jun 8 W 10:00-11:00am
#107656 Jun 15 W 10:00-11:00am
#107657 Jun 22 W 10:00-11:00am
#107658 Jun 29 W 10:00-11:00am
#107659 Jul 6 W 10:00-11:00am
#107660 Jul 13 W 10:00-11:00am
#107661 Jul 20 W 10:00-11:00am
#107662 Jul 27 W 10:00-11:00am
#107663 Aug 3 W 10:00-11:00am
#107664 Aug 10 W 10:00-11:00am
#107665 Aug 17 W 10:00-11:00am
#107666 Aug 24 W 10:00-11:00am
#107667 Aug 31 W 10:00-11:00am

Yoga Fitness

Location: Pullen Community Center
Age: 18yrs and up. Treat your body to much needed stretches and release stress in a yoga class. A combination of meditations and stretches that help with flexibility, posture, and stress relief. Class Fee: \$40
#108047 Jun 8-Aug 10 W 5:00-6:00pm

Yoga Fitness Plus

Location: Pullen Community Center
Age: 18yrs and up. Core strengthening and stretching. Surge into sun salutations, poses, and reflective meditation. Free flowing and fun. Previous knowledge of yoga fitness is required. Class Fee: \$50
#108049 Jun 10-Aug 12 F 5:00-6:30pm

Yoga for All Levels

Location: Lake Lynn Community Center
Age: 16yrs and up. This 75 minute class is designed to reduce tension and stress, and deliver total body serenity by balancing and strengthening of every system in the body. All levels are welcome. Pat Sorrell instructs. Class Fee: \$64
#109251 Jun 30-Aug 18 Th 7:00-8:15pm

Yoga – Relaxing Latin Music/ Yoga – Música Latina Relajante

Location: Marsh Creek Park
Age: 18yrs and up. This class celebrates the versatility of yoga. You will move from powerful poses that heat the body and work the major muscle groups, to restorative poses that strengthen the ligaments and tendons. While moving the body through poses, we will listen to relaxing Latin music. The instructor has knowledge of the Spanish language so Spanish speakers are welcome to join. Some knowledge of yoga is helpful, but not necessary. Esta clase celebra la versatilidad del yoga. Usted se moverá en diferentes posiciones que le darán calentamiento al cuerpo para así ejercitar los músculos mayores del cuerpo, se practicarán posiciones

restaurativas que le ayudaran a fortalecer los ligamentos y tendones. Escucharemos música Latina relajante al mismo tiempo de hacer movimientos en diferentes posiciones. Participantes de habla hispana son bienvenidos en esta clase ya que el instructor tiene conocimiento del idioma español. Conocimiento básico del yoga es importante pero no necesario. Class Fee: \$55

#108165 May 11-Jun 15 W 5:30-6:45pm
#108164 Jun 29-Aug 3 W 5:30-6:45pm

Yoga Therapeutic Renewal

Location: Lake Johnson
Age: 16yrs and up. TJ leads her yoga classes from a perspective of wellness, wholeness, seeking to nurture and integrate body, mind and spirit. Each class is a complete, well rounded practice and will benefit anyone who wants a safe and gentle yoga class, or is new to yoga. These yoga classes are also suitable for those who have chronic conditions, chronic pain or are recovering from illness or injury. TJ is a Registered Yoga Teacher 500-hour, a certified Integrative Yoga Therapist, a Registered Thai Therapist, a Reiki Master and has been a yoga teacher for the Pink Ribbon Yoga Retreats since their beginning in 2005. Class Fee: \$80

#108500 May 10-Jun 28 T 9:30-11:00am
#108501 Jul 12-Aug 30 T 9:30-11:00am

Zumba® at Biltmore Hills

Location: Biltmore Hills Community Center
Age: All Ages. The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Class Fee: \$40

#109173 May 3-31 T,Th 6:00-7:00pm
#109174 Jun 2-28 T,Th 6:00-7:00pm
#109175 Jul 5-28 T,Th 6:00-7:00pm
#109188 Aug 2-30 T,Th 6:00-7:00pm

Zumbatone PLUS

Location: Laurel Hills Community Center
Age: 18yrs and up. Start with warm up activities and some fun Latin moves, along with traditional fit moves. You don't have to be a dancer! For the second half of the class, we will do weight training for the upper and lower body. Then, to the floor for the 'PLUS' ab workout and finish up with a cool down. This class is ideal for all adults just getting started in fitness (including seniors!) with a fun attitude in fitness! Bring your own weights and a mat or towel. Instructor is AFAA Group Fitness and Zumba Certified. Ms. Bettie instructs. Class Fee: \$40
#108388 May 2-23 M 5:30-6:30pm

Fitness continued next page —

Senior

Basketball – Senior Adult Open Gym

Location: Method Road Community Center
Age: All Ages. Open play basketball for Seniors. Class Fee: \$0
#109909 May 4-25 W 2:00-4:00pm
#109910 Jun 1-8 W 2:00-4:00pm

Capital City Striders

Location: Laurel Hills Community Center
Age: 18yrs and up. Friday mornings, rain or shine, join the group for fun and exercise! This is a self directed 'walk in the park'. If the weather is nice, there is a beautiful nature trail to walk. If it's a little gloomy or wet (or cold!) outside, you'll have the large double gym for your walk. It's fun, it's free, so come join the group! Class Fee: \$0
#107994 May 6-27 F 10:15-11:15am

Chair Yoga

Location: Jaycee Community Center
Age: 18yrs and up. This gentle beginning class for older adults includes: stretches to increase one's range of motion, simple balancing poses to strengthen muscles that support your joints, and breath awareness to calm and release tension. All poses can use the support of a chair. For further information contact Carmen at 807-8525. Class Fee: \$15

#109927	May 3-31	T	10:00-11:00am
#109928	Jun 13-Jul 4	T	10:00-11:00am
#109929	Jun 7-21	T	10:00-11:00am
#109930	Aug 2-30	T	10:00-11:00am
#109931	May 5-26	Th	3:30-4:30pm
#109932	Jun 2-30	Th	3:30-4:30pm
#109933	Jul 7-28	Th	3:30-4:30pm
#109934	Aug 4-25	Th	3:30-4:30pm

Exercise – Kripalu Yoga for Seniors

Location: Sertoma Arts Center
Age: 55yrs and up. This chair class is designed for seniors and other with varying degrees of mobility. Yoga can help relax tense muscles, loosen joints, strengthen muscles, improve digestion, circulation, and reduce high blood pressure and anxiety. You will learn gentle stretching and breathing techniques. Before undertaking any exercise program one should consult a physician. Bring a large towel or blanket and wear comfortable clothing. Instructor, Susan Kilmon Class. Fee: \$40
#107030 May 3-Jun 7 T 1:30-2:30pm
#107029 Jun 14-Jul 19 T 1:30-2:30pm
#107031 Jul 26-Aug 23 T 1:30-2:30pm

Exercise – Parkview Manor

Location: Non-City Owned Site
Age: 18yrs and up. This program is offered at Parkview Manor Apartment, which is located at 911 North Blount Street. This is a low impact exercise class aimed at strengthening muscles and improving movement for a healthier lifestyle. For more information on this program, please call 831-6851. Class Fee: \$0
#110229 May 2-Aug 25 M,Th 11:00-11:30am

Fitness –

Turn Me Loose Senior Fit Camp

Location: Brier Creek Community Center
Age: 55yrs and up. TML 'Turn Me Loose' Senior Fit Camp is a 6-week Monday-Friday fitness program that meets for one hour each day at the Brier Creek Community Center that is geared directly for seniors. Program will focus on: stretching and balance techniques, muscle strengthening to promote better joint stability, and gentle plyometrics to help improve bone density all in a fun, upbeat atmosphere. Program includes weekly individual meetings with TML Program Creator fitness/beauty expert Cassandra W. to help ensure overall program fitness success. All individuals will receive upon sign up, a personal fitness assessment, a 'TML Camp Mess Log' that will include fitness tips, recipes, local industry related coupons and a food journal. TML Senior Fit Camp is suitable for all fitness levels. Instructor: Cassandra Wycko, NASM Certified, ACE Certified. \$250. Class Fee: \$250
#109704 May 9-Jun 17 M-F 10:30-11:30am
#109705 Aug 1-Sep 9 M-F 10:30-11:30am

Fitness – Seniors In Motion

Location: Laurel Hills Community Center
Age: 18yrs and up. This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements. Class Fee: \$20
#110233 May 4-27 W,F 10:15-11:15am
#110234 Jun 3-24 F 10:15-11:15am
#110235 Jul 1-29 F 10:15-11:15am
#110236 Aug 12-26 F 10:15-11:15am

Senior Weight Training

Location: Roberts Park Community Center
Age: 55yrs and up. A program designed to help persons 55 and older get into shape and tone those hidden muscles. Participants will feel better and meet new friends. Be prepared to receive many compliments on your new appearance. Class Fee: \$5
#110106 May 3-24 T 1:00-2:30pm
#110107 Jun 7-Jul 5 T 1:00-2:30pm
#110108 Jul 5-26 T 1:00-2:30pm
#110109 Aug 2-30 T 1:00-2:30pm

Seniorcise

Age: 18yrs and up. Low impact exercises for seniors. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location. Class Fee: \$15

Millbrook Exchange Community Center

#108526	May 3-31	T,Th	10:15-11:00am
#108527	Jun 2-30	T,Th	10:15-11:00am
#108529	Jul 5-28	T,Th	10:15-11:00am
#108528	Aug 2-30	T,Th	10:15-11:00am

Pullen Community Center

#108037	May 3-31	T,Th	2:00-2:45pm
#108038	Jun 2-30	T,Th	2:00-2:45pm
#108039	Jul 5-28	T,Th	2:00-2:45pm
#108040	Aug 2-30	T,Th	2:00-2:45pm

Greystone Recreation Center

#109307	May 2-27	M,F	10:00-11:00am
#109308	Jun 3-27	M,F	10:00-11:00am
#109309	Jul 1-25	M,F	10:00-11:00am
#109310	Aug 1-26	M,F	10:00-11:00am

Lake Lynn Community Center

#107518	May 3-31	T,Th	9:00-10:00am
#107519	Jun 2-30	T,Th	9:00-10:00am
#107520	Jul 5-28	T,Th	9:00-10:00am
#107521	Aug 2-30	T,Th	9:00-10:00am

Family

Bomba and Plena Folk Dance / Baile Folklórico Bomba y Plena

Location: Peach Road
Age: 16yrs and up. Bomba and Plena is one of Puerto Rico's most famous musical styles. In this class, you will learn a typical folk dance that is still thriving in Puerto Rico. Dancers will move their bodies to every beat of the drum (pre-recorded music). Come get fit as you learn this wild and exciting dance! Bomba y Plena es uno de los más populares estilos de bailes puertorriqueños. En esta clase, usted aprenderá este baile de folklór típico que todavía florece en Puerto Rico. Los participantes moverán sus cuerpos al ritmo del tambor (música pre-grabada.) ¡Ven y aprende este baile tan excitante y al mismo tiempo ponte en forma! Class Fee: \$20
#108162 May 6-Jun 10 F 6:30-7:30pm
#108163 Jun 24-Jul 29 F 6:30-7:30pm

Karate – Okinawan Shorin-Ryu

Age: 7yrs and up. A karate program to help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata. Uniforms can be purchased through the instructor at a discounted rate. Ask about our

Recreation offers the discovery of self expression and much needed family cohesion. Nancy M. Morrow

family discount! Class Fee: \$44

Pullen Community Center

#108032	May 3-31	T,Th	6:00-7:00pm
#108033	Jun 2-30	T,Th	6:00-7:00pm
#108034	Jul 5-28	T,Th	6:00-7:00pm
#108035	Aug 2-30	T,Th	6:00-7:00pm

Lake Lynn Community Center

#107511	May 2-25	M,W	6:00-7:00pm
#107512	Jun 6-29	M,W	6:00-7:00pm
#107513	Jul 6-Aug 1	M,W	6:00-7:00pm
#107510	Aug 3-31	M,W	6:00-7:00pm

Lake Johnson

Self-Paced Triathlon/Duathlon

Location: Lake Johnson

Age: 12-90yrs. You are invited to participate in Lake Johnson's popular Self-Paced Triathlon/Duathlon from May 1-July 31, 2011. Run, Bike and Swim and record your own mileage as you go. Pick a race category; Double Ironman, Ironman, Tinman, etc. and off you go! Those that reach their mileage goals by the end of the event will earn a coveted commemorative event t-shirt! Class Fee: \$15

#108386	May 2-Aug 15	M	7:00am-10:00pm
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Martial Arts – American Kenpo Karate

Location: Laurel Hills Community Center

Age: 7yrs and up. Learn traditional American Kenpo Karate while improving personal skills like respect, discipline, confidence, pride, balance, coordination and self defense. All students from youth to adult will enjoy personal benefits from karate while challenging yourself both mentally and physically. This is a family class, have fun while learning together. Classes taught by certified organization. Testing and certification will require an additional \$25 fee paid to instructor. Mr. Jim LeClair instructs. Class Fee: \$44

#109998	May 3-26	T,Th	6:00-7:00pm
#109999	Jun 2-28	T,Th	6:00-7:00pm
#110000	Jul 5-28	T,Th	6:00-7:00pm
#110001	Aug 2-25	T,Th	6:00-7:00pm

Mixed Martial Arts

Location: Roberts Park Community Center

Age: 5-70yrs. A combination of Tae Kwon Do, Shotokan, Wing-Chun Fu and American Kick Boxing. Martial Arts works on character development and the building of confidence. Students will improve mental and physical health while learning self defense. We are promoting family involvement. Pay for two family members and the 3rd member is complimentary. Don't forget a family that kicks together stays together. Class Fee: \$30

#109725	May 3-28	T,Sa	6:30-8:00pm
#109726	Jun 4-28	T,Sa	12:00-1:30pm
#109727	Jul 5-30	T,Sa	6:00-7:30pm
#109728	Aug 2-30	T,Sa	6:30-8:00pm

Open Play

Location: Chavis Community Center

Age: All Ages. Community open time for gym use. Adults must have a photo ID to enter gym. Youth must have a signed participation form on file to enter during specified times.

Call specific community center for days and times. Class Fee: \$0

Chavis Center

#108437	May 2-Aug 26	M-F	12:00-1:30pm
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Carolina Pines Center 831-6435

#109444	May 2-Aug 31	M-F	6:30-9:00pm
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Tae Kwon Do

Location: Method Road Community Center

Age: 10yrs and up. Self-defense and self-discipline for beginning and advance students. Class Fee: \$20

#109951	May 3-31	T,Th	6:30-8:00pm
#109952	Jun 2-30	T,Th	6:30-8:30pm
#109953	Jul 5-28	T,Th	6:30-8:00pm
#109954	Aug 2-30	T,Th	6:30-8:00pm

Tae Kwon Do – Beginners

Location: Biltmore Hills Community Center

Age: 5yrs and up. Marital arts course

where the art of self defense, confidence, self esteem, discipline, respect and self control taught through practice drills, class room instruction and tournaments. This is an ongoing class that promotes belt promotions. Wear Comfortable Clothes. Classes by Sensi Thomas Jarrett. Class Fee: \$35

#109168	May 2-25	M,W	6:00-7:30pm
#109169	Jun 1-29	M,W	6:00-7:30pm
#109170	Jul 6-Aug 1	M,W	6:00-7:30pm
#109171	Aug 1-31	M,W	6:00-7:30pm

Tae Kwon Do – Martial Art

Location: Lions Park Community Center

Age: 7yrs and up. Martial arts class for youth and adults. This program develops discipline in youth, fitness in adults and fine martial art skills. Class Fee: \$35

#109192	Jun 2-28	T,Th	6:30-8:00pm
#109189	Jul 5-Aug 2	T,Th	6:30-8:00pm
#109191	May 3-26	T,Th	6:30-8:00pm
#109190	Aug 2-30	T,Th	6:30-8:00pm

Tae Kwon Do Complimentary Class

Location: Method Road Community Center

Age: 10yrs and up. Take advantage of one complimentary class. If you like and are impressed about what we have to offer after the completion of the class, then we welcome you to sign up for our low cost ongoing Tae Kwon Do program. One free class per participant. Registration is restricted to Method Community Center and the City of Raleigh RecLink online registration. Class Fee: \$0

#109961	Apr 26	T	6:30-8:00pm
#109962	Apr 28	Th	6:30-8:00pm
#109964	May 24	T	6:30-8:00pm
#109963	May 26	Th	6:30-8:00pm
#109965	Jun 28	T	6:30-8:00pm
#109966	Jun 30	Th	6:30-8:00pm
#109967	Jul 26	T	6:30-8:00pm
#109968	Jul 28	Th	6:30-8:00pm

Tai Chi Chih – Beginner

Location: Pullen Community Center

Age: 10yrs and up. Tai Chi Chih: A wonderful moving meditation—sometimes called 'Joy through movement'. It is designed to balance and circulate your

energy (chi). When your energy is balanced and flowing freely, you experience better health, allowing harmony to take place within. Tai Chi Chih consists of 19 soft, flowing moves and one meditative pose. It is simple to learn and a joy to experience. Anyone can do it. The benefits of Tai chi chih are: It relieves stress and anxiety allowing inner calm to take place and promotes balance and flexibility. When Tai Chi Chih is done together at the same pace, it causes a surge of energy and a rhythm begins to move us. Tai Chi translated from Chinese means knowledge of reality. Chih means the way. Class Fee: \$80

#108042	May 24-Jul 12	T	1:00-2:00pm
#108043	Jul 26-Sep 13	T	1:00-2:00pm

Zumba at Green Road

Location: Green Road Community Center

Age: 12yrs and up. When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There is no other fitness class like a Zumba Fitness Party. It is easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. Class Fee: \$25

7-Class Punch Pass

#109402	May 2-Jun 13	M	6:30-7:30pm
#109403	Jun 20-Aug 1	M	6:30-7:30pm
#109439	Aug 8-Sep 19	M	6:30-7:30pm

Single Class

#109404	May 2	M	6:30-7:30pm
#109405	May 4	W	6:30-7:30pm
#109407	May 11	W	6:30-7:30pm
#109406	May 9	M	6:30-7:30pm
#109408	May 16	M	6:30-7:30pm
#109411	May 25	W	6:30-7:30pm
#109409	May 18	W	6:30-7:30pm
#109412	May 30	M	6:30-7:30pm
#109410	May 23	M	6:30-7:30pm
#109413	Jun 1	W	6:30-7:30pm
#109414	Jun 6	M	6:30-7:30pm
#109415	Jun 8	W	6:30-7:30pm
#109416	Jun 13	M	6:30-7:30pm
#109417	Jun 15	W	6:30-7:30pm
#109418	Jun 20	M	6:30-7:30pm
#109419	Jun 22	W	6:30-7:30pm
#109420	Jun 27	M	6:30-7:30pm
#109421	Jun 29	W	6:30-7:30pm
#109422	Jul 6	W	6:30-7:30pm
#109423	Jul 11	M	6:30-7:30pm
#109424	Jul 13	W	6:30-7:30pm
#109425	Jul 18	M	6:30-7:30pm
#109426	Jul 20	W	6:30-7:30pm
#109427	Jul 25	M	6:30-7:30pm
#109428	Jul 27	W	6:30-7:30pm
#109429	Aug 1	M	6:30-7:30pm
#109431	Aug 8	M	6:30-7:30pm
#109430	Aug 3	W	6:30-7:30pm
#109432	Aug 10	W	6:30-7:30pm
#109433	Aug 15	M	6:30-7:30pm
#109434	Aug 17	W	6:30-7:30pm
#109435	Aug 22	M	6:30-7:30pm
#109436	Aug 24	W	6:30-7:30pm
#109437	Aug 29	M	6:30-7:30pm
#109438	Aug 31	W	6:30-7:30pm

Preschool

Birding for Preschoolers

Age: 3-5yrs. Preschoolers can learn to identify birds too! Basic backyard birds will be our focus as we talk about their different colors and songs. We will explore the outdoors in search of these feathered friends. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$3

Sertoma Arts Center

#107672 Jun 29 W 9:30-10:15am

Pullen Community Center

#107673 Aug 26 F 10:30-11:15am

Bug Adventure

Location: Optimist Community Center
Age: 3-5yrs. Search for insects of all kinds at the park. We will look under logs, in the soil, and among the trees for these fascinating little critters. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$3

#107693 Jul 26 T 10:00-10:45am

Dad 'n Me

Location: Durant Nature Park
Age: 3-5yrs. Moms are always welcome, but this one is especially for Dads. Spend an hour with your kids as we talk about dads in nature, take a walk to see what kind of dads we see, and make a craft just in time for Father's Day. Class Fee: \$5

#108316 Jun 19 Su 1:00-2:00pm

May Flowers

Location: Green Road Community Center
Age: 3-5yrs. April showers bring May flowers. Come decorate a flower pot, plant a seed, and take it home to watch it grow. We'll learn how to care for your seed and about the parts of a plant. Pre-registration is REQUIRED four days prior to program. For more information, please contact Nature Programs at 919-831-6856. Class Fee: \$5

#107680 May 20 F 10:30-11:15am

Nature – Animal Tree Houses

Location: Method Road Community Center
Age: 3-5yrs. Let's learn who calls trees home and discover how animals use trees for more than just a house. A story and a craft will teach us more. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$4

#107695 Jul 9 Sa 1:00-1:45pm

Nature – Animals in Action

Location: Greystone Community Center
Age: 3-5yrs. Have you ever wondered what it would be like to slither up the street, crawl down the hall, or fly in the sky? We'll



investigate how and why animals move the way they do and try moving like them too. Pre-registration is REQUIRED four days prior to the program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$3

#107681 May 14 Sa 10:00-10:45am

Nature – Little Nature Hikers

Age: 2-5yrs. Join a nature instructor and other families for a guided walk around the park with your child. Meet other families in your community and learn about nature. We'll see birds, insects, and maybe even a few mammals and reptiles basking. Strollers are welcome. All children must be accompanied by an adult. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$2

Anderson Point

#107668 May 2 M 10:00-10:45am

Lake Lynn

#107669 Jun 6 M 10:30-11:15am

Lake Johnson

#107670 Jul 13 W 10:00-10:45am

Millbrook Exchange Community Center

#107671 Aug 17 W 10:30-11:15am

Nature – Tales and Scales

Location: Greystone Community Center
Age: 3-5yrs. This story time focuses on reptiles and is followed by a visit from a few live snakes and lizards to see and touch. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$3

#107696 Aug 30 T 2:00-2:45pm

Preschool Wetland Explorers

Location: Walnut Creek Wetland Center
Age: 3-5yrs. Preschoolers and an adult will explore Walnut Creek Wetland Center with a nature instructor. Each week will feature a different nature theme, an indoor activity and some time to explore outside. Pre-

registration required four days prior to the program. Class Fee: \$2

#110310 May 11 W 10:30-11:15am

#110311 May 26 Th 10:30-11:15am

#110312 Jun 8 W 10:30-11:15am

#110313 Jun 23 Th 10:30-11:15am

#110315 Jul 28 Th 10:30-11:15am

#110314 Jul 13 W 10:30-11:15am

#110316 Aug 10 W 10:30-11:15am

#110317 Aug 25 Th 10:30-11:15am

Wee Walkers

Location: Durant Nature Park
Age: 1yrs and up. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the park. This is a great opportunity for adults and little ones to meet each other and explore nature. Class Fee: \$0

#108200 May 5 Th 10:00-11:00am

#108201 May 12 Th 10:00-11:00am

#108202 May 19 Th 10:00-11:00am

#108203 May 26 Th 10:00-11:00am

#108204 Jun 2 Th 10:00-11:00am

#108205 Jun 9 Th 10:00-11:00am

#108206 Jun 16 Th 10:00-11:00am

#108207 Jun 23 Th 10:00-11:00am

#108208 Jun 30 Th 10:00-11:00am

#108209 Jul 7 Th 10:00-11:00am

#108210 Jul 14 Th 10:00-11:00am

#108211 Jul 21 Th 10:00-11:00am

#108212 Jul 28 Th 10:00-11:00am

#108213 Aug 4 Th 10:00-11:00am

#108214 Aug 11 Th 10:00-11:00am

#108215 Aug 18 Th 10:00-11:00am

#108216 Aug 25 Th 10:00-11:00am

Youth

Butterflies of Durant

Location: Durant Nature Park
Age: 6-10yrs. Join a nature instructor as we discover the butterflies of Durant Nature Park's Butterfly Garden. We will search for and discuss the different butterflies and caterpillars of the garden, find out what they eat and how they live. We will then make a butterfly craft to take home. Class Fee: \$10

#108179 Jul 23 Sa 1:00-2:30pm

Dip and Discover

Location: Durant Nature Park

Age: 6-10yrs. Look in a drop of water and use dip nets to discover the creatures of the pond. Class Fee: \$5
#108181 Aug 27 Sa 9:00-10:00am

Kid's Nature Night at Walnut Creek

Location: Walnut Creek Wetland Center

Age: 6-12yrs. Do you need a little time to yourself at the end of the week? Drop your kids off with us for a fun Friday night. We'll learn about nature, explore outside, play games and do a craft. The activities will all be related to that night's featured animated movie. We will even have popcorn and a big movie screen! Pre-registration is required four days prior to the program. Class Fee: \$5

#110333	May 13	F	5:00-8:00pm
#110334	Jun 24	F	5:00-8:00pm
#110335	Jul 22	F	5:00-8:00pm
#110336	Aug 12	F	5:00-8:00pm

Lightning Bugs

Age: 6-12yrs. Let's go see the lights of summer in action. A hike, game, and craft will be included in this fun, educational program. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$5

Marsh Creek Community Center

#107676	Jun 24	F	7:45-8:45pm
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Barwell Road Community Center

#107677	Jul 15	F	7:45-8:45pm
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Nature – Animal Show and Tell

Location: Jaycee Community Center

Age: 6-12yrs. Meet some animals up close. Possible visitors include: snakes, lizards, and insects. Learn about these animals and the ones living in this park. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$3

#107697	Aug 13	Sa	10:00-11:00am
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Nature Games

Location: Pullen Community Center

Age: 6-12yrs. Get wild with us! We'll play a variety of exciting and interactive games that will help us learn more about nature. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$2

#107678	May 14	Sa	1:00-1:45pm
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Nature's Flute, The Wood Thrush

Location: Durant Nature Park

Age: 6-10yrs. Take an evening stroll to listen for the magical flute-like song of the wood thrush. Upon return to the Training Lodge we will gather 'round to hear a story of one young wood thrush's first migration from Costa Rica and back again. Class Fee: \$5

#108178	Jun 22	W	6:00-7:00pm
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Adult

Dragonfly Workshop

Location: Durant Nature Park

Age: 16yrs and up. A perfect companion to birding, dragonflies can also be watched through binoculars and are at their best when birding isn't. Add these jeweled beauties to your naturalist pursuits. Learn field ID, basic biology and behavior, migration, interpretation tips, conservation and monitoring from NC State Park Ranger Brian Bockhahn! This class will count towards criteria II requirements of the NC Environmental Education Certification program. Class Fee: \$5

#108436	Aug 11	Th	9:00am-3:00pm
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Wetland Walk

Location: Walnut Creek Wetland Center

Age: 12yrs and up. Enjoy a walk on the greenway with a little company. A nature instructor will lead the way on one of the nearby greenway trails. The trails are paved and flat and we'll take an easy pace to listen and look for birds and other wetland wildlife. Pre-registration required four days prior to the program. Class Fee: \$1

#110302	May 7	Sa	10:15-11:45am
#110303	Jun 18	Sa	10:15-11:45am
#110304	Jul 30	Sa	10:15-11:45am
#110305	Aug 27	Sa	10:15-11:45am

Family

A Family Walk in the Park

Location: Durant Nature Park

Age: All Ages. Bring the whole family for a leisurely walk to explore the park after a long day at work (or school). We'll figure out what nature activity is going on in the park and we'll share it with you! Pre-registration required. Class Fee: \$1

May 10	T	6:00-7:00pm
Jun 9	Th	7:00-8:00pm
Jul 12	T	7:00-8:00pm
Aug 30	T	7:00-8:00pm

Bat Basics

Location: Anderson Point

Age: All Ages. Do bats really fly in people's hair? Do bats have rabies? Come discover the amazing world of bats. We will search the night skies and try to catch a glimpse of these remarkable animals. Children under 16 must be accompanied by a paying adult. Fee applies to each participant. Pre-registration is REQUIRED four days prior to program. For more information, please contact Nature Programs at 919-831-6856. Class Fee: \$3

#107692	Jun 3	F	7:30-8:30pm
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Creek Life

Location: Walnut Creek Wetland Center

Age: 6yrs and up. Do you and your children love to get outside and explore? In this program we'll splash around in Walnut Creek in search of the critters that call the

wetland home. With a nature instructor as your guide, you will search for tadpoles, aquatic insects, crayfish, frogs and turtles. We will talk about the food chain and metamorphosis. Fee applies to all participants. Pre-registration is required four days prior to the program. Class Fee: \$2

#110202	Jun 4	Sa	10:15-11:45am
#110204	Jul 9	Sa	10:15-11:45am
#110206	Aug 20	Sa	10:15-11:45am

Dragons with Wings

Location: Anderson Point

Age: 6yrs and up. Come on a walkabout to view the dragon and damselflies of summer. We will also be on the lookout for the park's summer bird residents. Sponsored by Wake Audubon Society. More information e-mail Kari Wouk at kwouk@wakeaudubon.org or call 919-395-5630. Class Fee: \$0

#109680	Jul 9	Sa	10:00-12:00pm
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Durant Family Camp Out

Location: Durant Nature Park

Age: All Ages. Families gather to form a group and experience an overnight complete with a naturalist led night hike, s'mores for the kids, breakfast provided for you, and time in the canoes. Bring a tent or borrow a cot and sleep in an Adirondack shelter. Your gear will be hauled by vehicle down to the primitive, lakeside campsite that we will call home for the night! Class Fee: Adults \$15 each, Youth \$10.

#108166	May 20-21	F-Sa	12:00am-12:00pm
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Family Nature Club

Location: Walnut Creek Wetland Center

Age: 4yrs and up. Come join other families on an easy paced hike along the Greenway. On rainy days we will meet indoors to do nature related crafts and games. This is a great ways to meet other families and share your love of nature. Fee applies to all participants. All children must be accompanied by a paying adult. Pre-registration is required four days prior to the program. Class Fee: \$1

#110330	Aug 14	Su	2:30-3:30pm
#110324	May 15	Su	2:30-3:30pm
#110325	Jun 19	Su	2:30-3:30pm
#110326	Jul 17	Su	2:30-3:30pm

Family Nature Walk

Location: Serfoma Arts Center

Age: All Ages. Join us on a nature walk through one of Raleigh's parks. The walk leader will point out wildlife and other things discovered along the trail. Fee applies to each participant; children under 16 should be accompanied by paying adult. Pre-registration is REQUIRED four days prior to the program. For more information, contact Nature programs at 919-831-6856. Class Fee: \$2

#107694	Jul 9	Sa	10:30-11:30am
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Family Nature continued next page —



Fledglings Among the Fields

Location: Anderson Point

Age: 6yrs and up. Come on a walkabout to look for parent birds feeding their young. We will also be on the lookout for Anderson Point's summer residents like indigo bunting, summer tanager and blue grosbeak. Bring your binoculars! Sponsored by Wake Audubon Society. More information: Email Kari Wouk at kwouk@wakeaudubon.org or call 919-395-5630. Class Fee: \$0

#109665	Jun 18	Sa	9:00am-11:00pm
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Nature – Full Moon Hike

Age: All Ages. Come hike to observe wildlife during this dynamic time as day fades into night. Fee applies to each participant; children under 16 should be accompanied by paying adult. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$2

Lake Johnson

#107674	May 17	T	8:00-9:00pm
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Lake Lynn

#107675	Aug 13	Sa	8:00-9:00pm
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North American Migration Count

Location: Anderson Point

Age: 6yrs and up. Join us for Audubon's annual Spring Migration Count. Participants will hike around the park and identify as many species of bird as possible. Beginners are welcome and will be paired with a more experienced birder. Bring your binoculars! Led by the Wake Audubon Society. Pre-registration is required four days prior to the program. Please contact John Connors at jconnors@wakeaudubon.org for more information. Class Fee: \$0

#109658	May 14	Sa	9:00am-12:00pm
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Paddle Aboat and Piddle About

Location: Durant Nature Park

Age: 6yrs and up. You are invited to get on the water on Durant's six acre lower lake. Ages 18 years and up or youth ages six years and up with an adult. Canoes and mandatory P.F.D's will be available first come first served at \$8/hour/boat. Meet at

the Durant boathouse and paddle! Pay at the boathouse. Class Fee: \$8

#108168	Jun 15	W	4:00-5:00pm
#108169	Jul 13	W	4:00-5:00pm
#108167	Aug 3	W	4:00-5:00pm

Pond Study

Location: Laurel Hills Community Center

Age: All Ages. Do you and your children love to get outside and explore? In this program we'll get our hands muddy discovering the critters that call the pond home. We will talk about the food chain and metamorphosis. Fee applies to each participant. All children under 16 must be accompanied by a paying adult. Pre-registration is REQUIRED four days prior to program. For more information, contact Nature Programs at 919-831-6856. Class Fee: \$3

#107686	Jun 25	Sa	9:30-10:30am
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Sample Durant

Location: Durant Nature Park

Age: All Ages. Catch it all in one day: paddling, critter stop, bird watching, crafts and dipnetting! Look for the registration table at the Park's north entrance. Class Fee: \$0

#108161	May 14	Sa	9:00am-12:00pm
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Spiderstroll

Location: Anderson Point

Age: 6yrs and up. Join us on a walk to search out the spiders of late summer. We will also be on the lookout for the park's "birdy" residents. Sponsored by Wake Audubon Society. More information: Email Kari Wouk at kwouk@wakeaudubon.org or call 919-395-5630. Class Fee: \$0

#109706	Aug 20	Sa	9:00-11:00am
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Wetland Month Open House

Location: Walnut Creek Wetland Center

Age: All Ages. Celebrate Wetland Month with a quick visit to the Raleigh's wetland center. Watch a demonstration, create a craft, complete the scavenger hunt on the deck, and weather permitting explore the greenway trail with your family before you leave. No registration required. Class Fee: \$0

#110225	May 21	Sa	10:30am-5:30pm
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School Programs

Youth

Weather Bound

Location: Jaycee Community Center

Age: 5-11yrs. Need a structured place for your children to play when Traditional Schedule Wake County Schools are closed for the day due to inclement weather? Program hours are 8:00am-5:00pm.

Activities may include sports, crafts, games, computer games, movies and outdoor play. Children should bring a lunch, two snacks, drinks and a change of clothes. Pre-registration is recommended. Space is limited. Class Fee: \$20

Jaycee Community Center

#108565	May-Jun 10	8:00am-5:00pm
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Y.E.S. – Youth Escape School

Location: Green Road Community Center

Age: All Ages. Need something for your child to do for those days before summer camps start? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun-filled activities such as sports, arts and crafts, games, movies and a variety of other exciting events. Field trips, if offered, may require additional fees. Each participant must bring lunch and two snacks. Class Fee: \$25

#107618	Aug 22	M	7:30am-6:00pm
#107619	Aug 23	T	7:30am-6:00pm
#107620	Aug 24	W	7:30am-6:00pm



Preschool

Birthday Parties – Celebration Station

Location: Brier Creek Community Center
 Age: 2-10yrs. Plan your child's next birthday party at your favorite participating Community Center. Includes: one three hour room rental, and 45 minutes organized activity with instructor. Choose from a variety of themes such as Gymnastic Gems, Cheerful Cheerers, Ballerina Beauties, Teddy Bear Tea Time, or Sports and Art Parties! Maximum 12 kids. To reserve your party, just call one of the participating sites: Brier Creek 420-2340 or Optimist 870-2880. Class Fee: \$185

Dance Play

Location: Marsh Creek Park
 Age: 2-3yrs. Based on the notion of Creative Movement, this class has structural lesson plans. It stimulates young dance players' imagination, creativity, helps to develop their physical skills and channel their energy. Creative movement has proven beneficial for the young ones' language, social skills and more. This leads them to appreciate the beauty and form in nature, art and literature as well as the beauty in everyday living. The class will have different themes each week and has four weeks per session. Instructor: Hanna Chio has a BA in Fine Arts. Class Fee: \$36
 #110554 May 4-25 W 10:00-10:30am

Music and Movement

Location: Worthdale Community Center
 Age: 3-5yrs. Preschoolers will enjoy creative movement and rhythm, and play safe instruments to promote social development. Class Fee: \$20
 #108350 Jul 11 M 12:00-1:00pm
 #108351 Jul 18 M 12:00-1:00pm
 #108352 Jul 25 M 12:00-1:00pm

Parent's Getaway

Location: Green Road Community Center
 Age: 3-5yrs. Hey Parents! Do you need to get something done on a Saturday afternoon? Well, Green Road is your place to drop the kids off where they'll have three hours of fun and excitement! Parents, space is limited, so you must sign up the Thursday before at the latest. Class Fee: \$15
 #107578 May 7 Sa 12:00-3:00pm
 #107580 May 21 Sa 12:00-3:00pm
 #107581 Jun 4 Sa 12:00-3:00pm
 #107579 Jun 18 Sa 12:00-3:00pm
 #107583 Jul 2 Sa 12:00-3:00pm
 #107582 Jul 16 Sa 12:00-3:00pm
 #107584 Jul 30 Sa 12:00-3:00pm
 #107585 Aug 13 Sa 12:00-3:00pm
 #107586 Aug 27 Sa 12:00-3:00pm

Party Time – Birthday

Location: Marsh Creek Park
 Age: 4-5yrs. It is a big day for you little one! Let us help you celebrate. The party includes 3 hour room rental and 1 hour of instruction. Choose from several themes, Sports, Princess, Mad Scientist, Art, Pirate, Dancing or Dinosaurs. There is a maximum of 12 children. Please contact Marsh Creek Community Center at 996-4920 for more information. Class Fee: \$150
 #108087 Jun 11 Sa 9:00am-12:00pm
 #108088 Jun 18 Sa 9:00am-12:00pm
 #108089 Jun 25 Sa 9:00am-12:00pm
 #108090 Jul 9 Sa 9:00am-12:00pm
 #108091 Jul 16 Sa 9:00am-12:00pm
 #108092 Jul 23 Sa 9:00am-12:00pm

Playgroup Tot Time

Age: 6mths-5yrs. The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend. Class Fee: \$0
Green Road Community Center
 #107587 May 3-31 T,Th 10:00-11:30am
Laurel Hills Community Center
 #108036 May 3-Jun 2 T,Th 10:00am-12:00pm
Lake Lynn Community Center
 #107528 May 6-Jun 10 F 9:30-11:30am
Optimist Community Center
 #110506 May 3-Jun 8 T-W 10:30am-12:00pm

Rock-a-bye Baby

Location: Marsh Creek Park
 Age: 9-23mths. Parents and caregivers will have so much fun singing songs while they are waltzing with their babies. The class' lesson plan is solely focused on using simple movement along with other fun elements. In an effort to increase baby's awareness and also strongly engage the interaction between the parents and their babies. As well as encourage babies 'parallel play' with other babies. The class will have different theme each week. Instructor: Hanna Chio has a BA in Fine Arts. Class Fee: \$36
 #110558 May 4-25 W 10:45-11:15am

Tot n Parent Playhouse

Location: Marsh Creek Park
 Age: 1-2yrs. Make a play date with your toddler! They always want to spend time with you so make the time and join us for a different activity each week. Come to all of them or just the ones that sound fun to you. Class Fee: \$5
Crawl and Roll
 #108081 May 7 Sa 2:30-3:00pm
 #108084 Aug 13 Sa 2:30-3:00pm
Sing and Dance
 #108082 May 14 Sa 2:30-3:00pm
 #108085 Aug 20 Sa 2:30-3:00pm
Story and Sports
 #108083 May 28 Sa 2:30-3:00pm
 #108086 Aug 27 Sa 2:30-3:00pm

Youth

Campbell Kaboose

Location: Ralph Campbell Community Center
 Age: 6-12yrs. When the Xpress train pulls out of the FUN station, the Campbell Kaboose is ready with loads of EVEN MORE FUN! Parents you can now take your time getting off work and stop rushing through traffic when your child joins the Campbell Kaboose. Your child will enjoy the activities of organized game play, movies, arts & crafts and more. Now its okay to be the last one picked up. Class Fee: \$7
 #110025 Jun 13-17 M-W,F 6:00-7:00pm
 #110102 Jun 20-24 M-W,F 6:00-7:00pm
 #110103 Jun 27-Jul 1 M-W,F 6:00-7:00pm
 #110105 Jul 5-8 T-W,F 6:00-7:00pm
 #110110 Jul 11-15 M-W,F 6:00-7:00pm
 #110122 Jul 18-22 M-W,F 6:00-7:00pm
 #110146 Jul 25-29 M-W,F 6:00-7:00pm
 #110191 Aug 1-5 M-W,F 6:00-7:00pm
 #110193 Aug 8-12 M-W,F 6:00-7:00pm

Carding Around

Location: Marsh Creek Park
 Age: 9-11yrs. Card games are fun to play and an easy way to pass the time. Bring a friend or come and make a few. Choose which games sound interesting to you or try them all. Class Fee: \$5
Uno and Apples to Apples
 #108063 May 7 Sa 10:45-11:45am
 #108066 Aug 13 Sa 10:45-11:45am
SET and Quiddler
 #108064 May 14 Sa 10:45-11:45am
 #108067 Aug 20 Sa 10:45-11:45am
Crazy Eights and Rummy
 #108065 May 28 Sa 10:45-11:45am
 #108068 Aug 27 Sa 10:45-11:45am

Crafty Kids

Location: Peach Road
 Age: 6-16yrs. Join us for a different and creative arts and craft project or edible creation. A new project is introduced with each theme class. Class Fee: \$0
 #109253 May 7 Sa 12:00-1:00pm
 #109254 May 14 Sa 12:00-1:00pm
 #109255 May 21 Sa 12:00-1:00pm
 #109256 May 28 Sa 12:00-1:00pm
 #109257 Jun 4 Sa 12:00-1:00pm
 #109258 Jun 11 Sa 12:00-1:00pm
 #109259 Jun 18 Sa 12:00-1:00pm
 #109260 Jun 25 Sa 12:00-1:00pm
 #109261 Jul 2 Sa 12:00-1:00pm
 #109262 Jul 9 Sa 12:00-1:00pm
 #109263 Jul 16 Sa 12:00-1:00pm
 #109264 Jul 23 Sa 12:00-1:00pm
 #109265 Jul 30 Sa 12:00-1:00pm
 #109266 Aug 6 Sa 12:00-1:00pm
 #109267 Aug 13 Sa 12:00-1:00pm
 #109268 Aug 20 Sa 12:00-1:00pm
 #109269 Aug 27 Sa 12:00-1:00pm

Friday Fun Night

Location: Barwell Road Community Center
 Age: 5-12yrs. Participants will do a variety activities, which may include playing games, making crafts, playing computer games, and enjoying a movie at the center.

Friday Fun Night continued next page —

Friday Fun Night continued —

A light pizza dinner, juice and a small desert will be provided. You are going to want to be here for this exciting program! Class Fee: \$15

#107990	May 13	F	6:00-9:00pm
#107991	Jun 10	F	6:00-9:00pm
#107992	Aug 12	F	6:00-9:00pm

Friday Night Fun

Location: Laurel Hills Community Center
Age: 4-11 yrs. If your child LOVES pizza, movies, games or arts and crafts and if you would LOVE some time with your friends or significant other, keep reading!

We will entertain your child with theme related games, food and/or crafts based on the night's movie. Register them with a friend and go out for a night on the town! Registration at least two days prior to the program date is required. Class Fee: \$15

Bolt

#107968	May 20	F	5:30-9:00pm
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The Incredibles

#107969	Jun 17	F	5:30-9:00pm
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Kung Fu Panda

#107970	Jul 15	F	5:30-9:00pm
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Space Jam

#107971	Aug 19	F	5:30-9:00pm
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Friday Night Movie

Location: Peach Road

Age: All Ages. Some movies are like old shoes. Well worn but still loved. Come and relax to your favorite kid-flix. Class Fee: \$0

#109270	May 6	F	5:00-6:30pm
#109271	Jun 3	F	5:00-6:30pm
#109272	Jul 1	F	6:30-8:00pm
#109273	Aug 5	F	6:30-8:00pm

Game room

Location: Peach Road

Age: All Ages. Peach Road's game room will be open week nights 6:30-8:00pm. Play Nintendo Wii or Billiards. You must register to play the Wii and be 12 years old and up to play billiards. Class Fee: \$0

#109282	May 2-Aug 27	M,W,F-Sa	6:30-8:00pm
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Hip Hop Dance

Location: Worthdale Community Center

Age: 10-15yrs. Welcome to the exciting world of dance movement in the disciplines of Hip-Hop. Students learn the basic positions, terms, and full routines in Hip-Hop. Class Fee: \$50

#110321	May 2-23	M	6:00-7:00pm
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Homeschoolers Open Play

Location: Worthdale Community Center

Age: All Ages. Homeschoolers come out and enjoy social time and fitness with your peers. Come play basketball, soccer and more. Class Fee: \$0

#108353	May 4-Aug 10	W	10:00am-12:00pm
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Kids Nite Out

Location: Brier Creek Community Center

Age: 4-10yrs. Kids, grab all your friends and come on over for a night filled with fun just for YOU! We'll have a light dinner, make crafts or play games, and watch a movie.

Registration three days prior to the program date is required. Class Fee: \$10

#109672	May 13	F	6:00-9:00pm
#109673	Jun 17	F	6:00-9:00pm
#109674	Jul 15	F	6:00-9:00pm
#109675	Aug 19	F	6:00-9:00pm

Let Kids be Kids!

Location: Sanderford Road Park

Age: 5-12yrs. Bring your child to Sanderford Road for an evening full of fun and excitement! Participants will enjoy a variety of activities which may include board games, arts and crafts, computer time, or a movie at the center. Please bring a snack or your dinner. Class Fee: \$0

#109232	May 20	F	6:00-8:00pm
#109233	Jul 22	F	6:00-8:00pm

Lights, Camera and Pop Corn

Location: Roberts Park Community Center

Age: 6-12yrs. Yes, you can. Parents, drop the kids off and do something you enjoy. You kids will enjoy a great movie, refreshments and peers. We provide a trained staff. You kids will be in a safe, clean and fun environment. Class Fee: \$2

#110603	May 20	F	6:00-8:30pm
#110604	Jul 22	F	6:00-8:30pm
#110605	Aug 26	F	6:00-8:30pm

Parent's Day Off

Location: Chavis Community Center

Age: 5-12yrs. A program designed for children in modified schedule or year round schools. The program consists of games, activities, arts and crafts, computer time, reading, etc. Pre-registration is required.

Class Fee: \$15

#108427	May 31	T	7:30am-6:00pm
#108428	Jun 1	W	7:30am-6:00pm
#108429	Jun 2	Th	7:30am-6:00pm
#108430	Jun 3	F	7:30am-6:00pm
#108431	Jun 6	M	7:30am-6:00pm
#108432	Jun 7	T	7:30am-6:00pm
#108433	Jun 8	W	7:30am-6:00pm
#108434	Jun 9	Th	7:30am-6:00pm
#108435	Jun 10	F	7:30am-6:00pm

Party on Down – Birthday

Location: Marsh Creek Park

Age: 6-10yrs. Another year older and wiser! Let us help you celebrate. The party includes a 3 hour room rental and 1 hour of instruction. Choose from several themes, Sports, Princess, Mad Scientist, Art, Pirate, Dancing or Dinosaurs. There is a maximum of 15 children. Please contact Marsh Creek Community Center at 996-4920 for more information. Class Fee: \$150

#108093	Jun 11	Sa	1:00-4:00pm
#108094	Jun 18	Sa	1:00-4:00pm
#108095	Jun 25	Sa	1:00-4:00pm
#108096	Jul 9	Sa	1:00-4:00pm
#108097	Jul 16	Sa	1:00-4:00pm
#108098	Jul 23	Sa	1:00-4:00pm



The first wealth is health. Emerson

Register online with RecLink at Reclink.raleighnc.gov

Saturday Matinee

Location: Peach Road

Age: 10yrs and up. Friday flix are for the the young kids at Peach Road. Saturdays are for the teens. Join us at Peach Road for a young teen Saturday Matinee. Class Fee: \$0
#109275 May 7 Sa 11:30am-1:30pm
#109276 Jun 4 Sa 11:30am-1:30pm
#109277 Jul 2 Sa 11:30am-1:30pm
#109278 Aug 6 Sa 11:30am-1:30pm

School Festival

Location: Tarboro Road Community Center
Age: 4-12yrs. Come out to Tarboro Road for games and activities to celebrate the start of the new school year. Play bingo. Enter in the jump rope contest. Take part in the basketball contest. Listen and dance to music! Class Fee: \$0
#109772 Aug 20 Sa 11:00am-1:00pm

Super Hero Boyz

Location: Laurel Hills Community Center
Age: 4-7yrs. Super Heroes to the rescue! Come on, let's fly! Your young one will leap with multi jump routines and action fun. We will practice some safe tumble routines and play adventure games. They can come dressed up as Superman, Batman, Ninja Turtle and more while they jump, tumble, roll, flip and play Super Hero stunts and games! Coach K instructs. Class Fee: \$42
#108138 Jun 6-27 M 6:00-6:45pm

Teen

Birthday Parties – Jewelry Creation Station!

Location: Millbrook Exchange Community Ctr
Age: 9-16yrs. Have your Pre-Teen or Teenage Daughter's Birthday Party with jewelry instructor Christine Sadel. In addition to one hour of jewelry instruction and creation, you will get an hour for your party festivities. You provide refreshments and party favors, we provide the room and the jewelry activity. Reservations are subject to room and instructor availability. See Christine's jewelry at christinabellabeads.com. Call Millbrook Exchange Community Center at 872-4156 if you would like more information.

Games with the Gang

Location: Marsh Creek Park
Age: 15-17yrs. Come with your own friends or find some new ones. Play some familiar games with a new twist. Join us once or every time. Class Fee: \$5

Scattergories

#108075 May 7 Sa 1:15-2:15pm
#108078 Aug 13 Sa 1:15-2:15pm

Yahtzee Hands Down

#108076 May 14 Sa 1:15-2:15pm
#108079 Aug 20 Sa 1:15-2:15pm

Scrabble SLAM

#108077 May 28 Sa 1:15-2:15pm
#108080 Aug 27 Sa 1:15-2:15pm

Raleigh Youth Council

Location: Laurel Hills Community Center

Age: 14-18yrs. Are you a high school student interested in initiating, organizing, and executing programs and projects that benefit youth? The Raleigh Youth Council is for teens and is run by teens. They focus their involvement on leadership opportunities, community service, recreation, and fundraising as well as special events such as: Youth Legislative Assembly, State Youth Council Conferences, Domino Day, and other events that develop leadership qualities and help members realize their full potential. The Raleigh Youth Council creates a forum where teens can freely express their ideas and opinions and serve as advocates for teens in Raleigh and Wake County. The Raleigh Youth Council is sponsored by the Raleigh Parks and Recreation Department and is a charter member of the Youth Councils of North Carolina. If you are interested in participating, please contact the Teen Program at 919-807-5409. Class Fee: \$0
#110391 Aug 29 M 7:00-8:00pm

Teen Movie Night

Location: Lions Park Community Center
Age: 12-17yrs. Teens come out and bring your friends for Friday Movie Nights and enjoy a movie and popcorn. We will be viewing newly released and old classics through the summer! Class Fee: \$1
#109193 May 13-27 F 6:30-7:30pm
#109194 Jul 8-Aug 5 F 6:30-7:30pm

Teen Scene I

Location: Peach Road
Age: 9-11yrs. A club for teens. Activities include, but are not limited to, field trips, team building, life skills, leadership skills etc. No meetings on holidays. Call for more information. Class Fee: \$0
#109280 May 5-Jun 2 Th 6:30-7:30pm

Teen Scene II

Location: Peach Road
Age: 12-17yrs. A club for teens. Activities include, but are not limited to, field trips, team building, life skills, leadership skills etc. No meetings on holidays. Call for more information. Class Fee: \$0
#109281 May 5-Jun 2 Th 6:30-8:00pm

Teen Time!

Location: Sanderford Road Park
Age: 13-17yrs. Teens, it's that time at Sanderford Road! This program encourages teen socialization, volunteerism, and recreation. Participants will have the opportunity to discuss issues that impact teens as well as explore interests of their own. It's your time. Class Fee: \$0
#109228 Jun 24 F 6:00-8:00pm
#109229 Aug 19 F 6:00-8:00pm

The Jump Off

Location: Tarboro Road Community Center
Age: 12-18yrs. Looking for something for your teens to do during the evenings in the summer? This program is for preteens and teens interested in more than sitting at home. This program encourages teen socialization, volunteerism and recreation. Class Fee: \$0
#109810 Jun 13-Aug 24 M,W 6:00-9:00pm

Word Wizards

Location: Marsh Creek Park
Age: 12-14yrs. Have a way with words? Come, enjoy time and intellect with your friends, or find a few new ones. Join us each week or choose your best. Class Fee: \$5
Scrabble
#108069 May 7 Sa 12:00-1:00pm
#108072 Aug 13 Sa 12:00-1:00pm
Word for Word
#108070 May 14 Sa 12:00-1:00pm
#108073 Aug 20 Sa 12:00-1:00pm
Hang Man and Loaded Question
#108071 May 28 Sa 12:00-1:00pm
#108074 Aug 27 Sa 12:00-1:00pm

Adult

Adults Only Game Night

Location: Marsh Creek Park
Age: 18yrs and up. We will have the cards and the board games, all you need to do is bring yourself and some friends. This will be an evening filled with friendly competition and kids free! Come to get away from the everyday or to meet some of your neighbors! Class Fee: \$5
#110563 May 6 F 6:30-8:30pm
#110564 Jun 3 F 6:30-8:30pm
#110565 Jul 1 F 6:30-8:30pm
#110566 Aug 5 F 6:30-8:30pm

Bridge – Capitol Bridge Club

Location: Jaycee Community Center
Age: 18yrs and up. Come join the Capitol Bridge Club as they meet twice a week for competitive bridge in a social atmosphere. Experienced players are welcome to join the Club. No bridge is played on City holidays. The club meets at Jaycee Center except during the summer months. During the summer, the club moves to Glen Eden. Membership dues \$1/person/meeting.
#108570 May 3-31 T,F 10:00am-1:00pm
#108571 Jun 14-28 T,F 10:00am-1:00pm
#108572 Jul 1-29 T,F 10:00am-1:00pm
#108573 Aug 2-30 T,F 10:00am-1:00pm
#108574 Jun 3-10 T,F 10:00am-1:00pm

Bridge Club

Location: Tarboro Road Community Center
Age: 18yrs and up. Join fellow Bridge enthusiasts at this weekly afternoon club. Come and join a very competitive atmosphere for experienced players and have a lot of fun at the same time. Fees are \$1 per person per meeting. Class Fee: \$0
#109843 May 3-31 T 1:00-5:00pm
#109844 Jun 7 T 1:00-5:00pm

Adult Social continued next page —

Adult Social continued —

Card Night for Adults

Location: Millbrook Exchange Community Ctr
Age: 55yrs and up. Want a place to play cards? Come out to Millbrook Exchange Community Center to play a hand of cards and socialize with friends. Play begins at 6:30pm. Class Fee: \$0
#106567 May 6-Aug 26 F 6:30-8:30pm

Classic Chevy Car Club

Location: Jaycee Community Center
Age: 18yrs and up. Car talk—Chevy style. Come join us and let's talk Classic Chevys. We meet the 4th Monday of each month except holidays. Membership dues are \$1/person/meeting.
#108581 May 23 M 6:15-9:00pm
#108582 Jun 27 M 6:15-9:00pm
#108583 Jul 25 M 6:15-9:00pm
#108584 Aug 22 M 6:15-9:00pm

German Shepherd Dog Club

Location: Millbrook Exchange Community Ctr
Age: 18yrs and up. The purpose of the club is for the improvement of the German Shepherd Dog. The club meets the first Wednesday of each month. See club president for information on club dues.
Class Fee: \$0
#108549 May 4 W 7:00-9:00pm
#108550 Jun 1 W 7:00-9:00pm
#108551 Jul 6 W 7:00-9:00pm
#108552 Aug 3 W 7:00-9:00pm

Golden Kiwanis Club

Location: Pullen Community Center
Age: 18yrs and up. Kiwanis, an Indian word meaning "We Build," is a club with members interested in serving and expressing themselves in public affairs in Raleigh and adjoining areas. Annual dues are required.
Class Fee: \$0
May 5-Aug 25 Th 10:30-11:30am

Lake Johnson Re-Location Club

Location: Lake Johnson
Age: 21-85yrs. Have you recently moved to the Raleigh NC/Wake County area? It's tough starting over...isn't it? Join the Lake Johnson Re-location Club and make new friends, learn about what Raleigh and Wake County have to offer, go on club outings, etc. The Re-Lo Club meets on the second Monday of every month from 6:30-8:30pm at beautiful Lake Johnson's Magnolia Cottage! Class Fee: \$10
#108452 May 9-Aug 8 M 6:30-8:30pm

Non-Fiction Book Club at Green Road

Location: Green Road Community Center
Age: 18yrs and up. Come join our book club where the focus is non-fiction! Members read a wide variety of non-fiction selections including book club favorites, award winners and best-selling non-fiction. Selected titles are proposed by member suggestions or picked from an annotated list provided by the group leader, a staff member at the Green Road Branch Library. Monthly selections will be advertised, and the club

will meet every third Tuesday of each month at 7pm at Green Road Center. Pick up your copy at the front desk of the Green Road Branch Library. Class Fee: \$0

#107574	May 17	T	7:00-8:30pm
#107575	Jun 14	T	7:00-8:30pm
#107576	Jul 19	T	7:00-8:30pm
#107577	Aug 16	T	7:00-8:30pm

Senior Citizens Club

Location: Roberts Park Community Center
Age: 55-90yrs. A social club for persons 55 and older. Activities include trips, educational and physical activities, banquets, movies, music, guest speakers, special events and more. An excellent way to make new friends and fulfill the need to belong. Class Fee: \$0
#110607 May 3-31 T 10:30am-12:00pm

Sertoma Group – Capital City Camera Club

Location: Sertoma Arts Center
Age: 18yrs and up. All levels of photography enthusiasts are invited to join—amateur to professional, and black/white to digital! Club meets on the 1st and 3rd Monday each month. Note: Course fee is collected at each visit. See club officers for more information on additional fees and dues. Class Fee: \$1
#107412 May 2 M 7:30-9:30pm
#107413 May 16 M 7:30-9:30pm
#107414 Jun 6 M 7:30-9:30pm
#107415 Jun 20 M 7:30-9:30pm
#107416 Jul 4 M 7:30-9:30pm
#107417 Jul 18 M 7:30-9:30pm
#107418 Aug 1 M 7:30-9:30pm
#107419 Aug 15 M 7:30-9:30pm

Sertoma Group – Casablanca Orchestra

Location: Sertoma Arts Center
Age: 18yrs and up. Casablanca Orchestra is based in Raleigh, North Carolina, the Casablanca Orchestra is a powerful, well rehearsed 18-piece Big Band. Our professionally staffed instrumentation includes piano, drums, bass, guitar, 4 trumpets, 4 trombones, and 5 saxophones.
Class Fee: \$1

#107420	May 3	T	6:00-8:00pm
#107421	May 10	T	6:00-8:00pm
#107422	May 17	T	6:00-8:00pm
#107423	May 24	T	6:00-8:00pm
#107424	May 31	T	6:00-8:00pm
#107425	Jun 7	T	6:00-8:00pm
#107426	Jun 14	T	6:00-8:00pm
#107427	Jun 21	T	6:00-8:00pm
#107428	Jun 28	T	6:00-8:00pm
#107429	Jul 5	T	6:00-8:00pm
#107430	Jul 12	T	6:00-8:00pm
#107431	Jul 19	T	6:00-8:00pm
#107432	Jul 26	T	6:00-8:00pm
#107433	Aug 2	T	6:00-8:00pm
#107434	Aug 9	T	6:00-8:00pm
#107435	Aug 16	T	6:00-8:00pm
#107755	Aug 23	T	6:00-8:00pm
#107756	Aug 30	T	6:00-8:00pm

Sertoma Group – North Raleigh Rotary

Location: Sertoma Arts Center
Age: 18yrs and up. The Rotary Club of North Raleigh meets weekly for fellowship, buffet lunch, and an informative presentation from a guest speaker. For information visit <http://www.northraleighrotary.org/> Class Fee: \$1
#107436 May 4 W 12:30-2:00pm
#107437 May 11 W 12:30-2:00pm
#107438 May 18 W 12:30-2:00pm
#107439 May 25 W 12:30-2:00pm
#107440 Jun 1 W 12:30-2:00pm
#107441 Jun 8 W 12:30-2:00pm
#107442 Jun 15 W 12:30-2:00pm
#107443 Jun 22 W 12:30-2:00pm
#107444 Jun 29 W 12:30-2:00pm
#107445 Jul 6 W 12:30-2:00pm
#107446 Jul 13 W 12:30-2:00pm
#107447 Jul 20 W 12:30-2:00pm
#107448 Jul 27 W 12:30-2:00pm
#107449 Aug 3 W 12:30-2:00pm
#107450 Aug 10 W 12:30-2:00pm
#107451 Aug 17 W 12:30-2:00pm
#107757 Aug 24 W 12:30-2:00pm
#107758 Aug 31 W 12:30-2:00pm

Sertoma Group – Portrait Painters

Location: Sertoma Arts Center
Age: 16yrs and up. If you're interested in portrait painting, this is the group for you! Come out on Tuesday mornings and join a group dedicated to producing beautiful portraits. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues.
Class Fee: \$1
#107452 May 3 T 9:30am-12:30pm
#107453 May 10 T 9:30am-12:30pm
#107454 May 17 T 9:30am-12:30pm
#107455 May 24 T 9:30am-12:30pm
#107456 May 31 T 9:30am-12:30pm
#107457 Jun 7 T 9:30am-12:30pm
#107458 Jun 14 T 9:30am-12:30pm
#107459 Jun 21 T 9:30am-12:30pm
#107460 Jun 28 T 9:30am-12:30pm
#107461 Jul 5 T 9:30am-12:30pm
#107462 Jul 12 T 9:30am-12:30pm
#107463 Jul 19 T 9:30am-12:30pm
#107464 Jul 26 T 9:30am-12:30pm
#107465 Aug 2 T 9:30am-12:30pm
#107466 Aug 9 T 9:30am-12:30pm
#107467 Aug 16 T 9:30am-12:30pm
#107766 Aug 23 T 9:30am-12:30pm
#107767 Aug 30 T 9:30am-12:30pm

Sertoma Group – Raleigh Miniatures Guild

Location: Sertoma Arts Center
Age: 18yrs and up. This group is for arts enthusiasts specializing in the craft of miniatures. The Guild meets the 1st and 3rd Thursdays each month. Note: Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues. Class Fee: \$1
#107468 May 5 Th 1:00-3:00pm
#107469 May 19 Th 1:00-3:00pm
#107470 Jun 2 Th 1:00-3:00pm
#107471 Jun 16 Th 1:00-3:00pm
#107472 Jul 7 Th 1:00-3:00pm
#107473 Jul 21 Th 1:00-3:00pm
#107474 Aug 4 Th 1:00-3:00pm
#107475 Aug 18 Th 1:00-3:00pm

If bread is the necessity of life, recreation is a close second.

Edward Bellamy

Sertoma Group – Sertoma Park Artists

Location: Sertoma Arts Center

Age: 16yrs and up. Come join this creative group of artists that meets every Thursday. Individuals are welcome to visit the group and find out more about joining. Note:

Course fee is collected at each visit. See club officers at meeting for information on additional fees and dues. Class Fee: \$1

#107476	May 5	Th	9:30am-12:30pm
#107477	May 12	Th	9:30am-12:30pm
#107478	May 19	Th	9:30am-12:30pm
#107479	May 26	Th	9:30am-12:30pm
#107480	Jun 2	Th	9:30am-12:30pm
#107481	Jun 9	Th	9:30am-12:30pm
#107482	Jun 16	Th	9:30am-12:30pm
#107483	Jun 23	Th	9:30am-12:30pm
#107484	Jun 30	Th	9:30am-12:30pm
#107485	Jul 7	Th	9:30am-12:30pm
#107486	Jul 14	Th	9:30am-12:30pm
#107487	Jul 21	Th	9:30am-12:30pm
#107488	Jul 28	Th	9:30am-12:30pm
#107489	Aug 4	Th	9:30am-12:30pm
#107490	Aug 11	Th	9:30am-12:30pm
#107491	Aug 18	Th	9:30am-12:30pm
#107825	Aug 25	Th	9:30am-12:30pm

Sertoma Group – Sertoma Writers Club

Location: Sertoma Arts Center

Age: 16yrs and up. Explore the zen of personal creativity and writing, using Natalie Goldberg's book, 'Writing Down the Bones' for discussion. Participants re invited to stay for the Sertoma Writers's Group meetings, immediately following. Geni Fitzgerald facilitates. Class Fee: \$1

#107492	May 8	Su	1:30-4:00pm
#107493	May 22	Su	1:30-4:00pm
#107494	Jun 5	Su	1:30-4:00pm
#107495	Jun 19	Su	1:30-4:00pm
#107496	Jul 3	Su	1:30-4:00pm
#107497	Jul 17	Su	1:30-4:00pm
#107498	Aug 7	Su	1:30-4:00pm
#107499	Aug 21	Su	1:30-4:00pm

Sertoma Groups Cardinal Singers

Location: Sertoma Arts Center

Age: All Ages. The Cardinal Singers ensemble is a women's chorus, sponsored by the City of Raleigh's Parks and Recreation Department. They are the winners of the 2008 Fred Fletcher Outstanding Volunteer Award of Excellence, and are now celebrating their 29th year. The Cardinals sing for a variety of occasions and groups, including civic organizations and retirement communities. They rehearse Thursdays, 9:30-11:30am, September through May, at Sertoma Arts Center on Millbrook Road. Open auditions are held during the September rehearsals. Class Fee: \$0

#107501	May 5-12	Th	9:30-11:30am
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SisterShare

Location: Ralph Campbell Community Center

Age: 18-99yrs. This program is for women to take a moment for themselves to talk with other ladies about issues that they may be facing. These issues may include, but not be limited to, relationships, children, health, abuse, education, finance, etc. Relaxed atmosphere! Class Fee: \$0

#109868	May 19-Sep 8	Th	6:30-8:00pm
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Spades at Tarboro Road

Location: Tarboro Road Community Center

Age: 14yrs and up. Bring your partner or come on your own. Learn strategies of the game and meet people in your community. Beginners to serious players welcome. Bring your kids and let them watch movies in the next room while you are playing cards!

Class Fee: \$0

#109774	Jun 10	F	6:30-8:30pm
#109776	Jul 8	F	6:30-8:30pm
#109778	Aug 12	F	6:30-8:30pm

Spades Tournament

Location: Lions Park Community Center

Age: 18-99yrs. Come and join our Spades Tournament. Test your skills and knowledge of the game against other teams and see if you will be the ones to win big. Class Fee: \$10

#109196	Jul 15	F	6:30-8:30pm
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Starlight Spades League

Location: Biltmore Hills Community Center

Age: 16-99yrs. Come out and compete in our Spades league. Grab your favorite partner, watch some basketball and play Spades! This is a free program that requires registration. Class Fee: \$0

#109164	Jun 20-Jul 14	M,Th	6:00-10:00pm
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Tarheel Triangle Cat Fancier

Location: Millbrook Exchange Community Ctr

Age: 18yrs and up. This group meets to discuss different issues related to the breeding of long-haired and short-haired cats. Members discuss topics that help enhance their knowledge of cats. See club leader for more information. The club meets the second Wednesday of the month. Class Fee: \$0

#108554	May 11	W	6:30-8:30pm
#108555	Jun 8	W	6:30-8:30pm
#108556	Jul 13	W	6:30-8:30pm
#108557	Aug 10	W	6:30-8:30pm

Tuesdays at Tarboro Road

Location: Tarboro Road Community Center

Age: 16-95yrs. Want to get out of the house? Looking to do something mid-day afternoons during the Summer? Come to us

and play a variety of card and board games.

Class Fee: \$0

Spades

#109813	Jun 21	T	3:00-5:00pm
#109816	Jul 12	T	3:00-5:00pm

PokerKeeno (Pokeno)

#109814	Jun 28	T	3:00-5:00pm
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Dominoes

#109815	Jul 5	T	3:00-5:00pm
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Bingo

#109817	Jul 19	T	3:00-5:00pm
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User's Choice

#109818	Jul 26	T	3:00-5:00pm
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Senior

Bingo

Age: 55yrs and up. Come and enjoy making friends and sharing lots of laughs while playing Bingo! This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50¢ per card.

Millbrook Exchange with Alice

#106565	May 6-27	F	10:15am-12:45pm
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Green Road Community Center

#107566	May 3-31	T	10:00am-12:30pm
#107567	Jun 7-28	T	10:00am-12:30pm
#107568	Jul 5-Aug 2	T	10:00am-12:30pm
#107569	Aug 2-30	T	10:00am-12:30pm

Marsh Creek Community Center

#110567	May 10-Jun 7	T	9:30am-12:15pm
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Carriage House Apartments

#109922	May 2-Aug 15	M	1:30-2:30pm
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Parkview Manor Apartments

#109925	May 2-Aug 15	M	3:00-4:00pm
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Pullen Community Center

#108004	May 11-Aug 24	W	2:00-4:00pm
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Bingo Seniors

Location: Roberts Park Community Center

Age: 50-85yrs. Spell B-I-N-G-O horizontally, vertically or diagonally and other ways sometimes. Win great prizes. Must be 55 to hollar Bingo. Cost is \$1 for 3 cards. You can't win if you don't play. Refreshments provided. Class Fee: \$1

#109862	May 24	T	12:00-1:00pm
#109863	Jun 21	T	12:00-1:00pm
#109864	Jul 12	T	12:00-1:00pm
#109865	Aug 16	T	12:00-1:00pm

Book Club at Green Road for Seniors

Location: Green Road Community Center

Age: 55yrs and up. Join the Green Road Library staff at the Green Road Community Center on the third Thursday of each month to discuss the book selection of the month.

Class Fee: \$0

#107570	May 19	Th	10:00-11:30am
#107571	Jun 16	Th	10:00-11:30am
#107572	Jul 21	Th	10:00-11:30am
#107573	Aug 18	Th	10:00-11:30am

Senior Social continued —

Senior Social continued —

Bridge – Senior's Club

Location: Jaycee Community Center
Age: 55yrs and up. Join this Senior's Club Bridge group as they meet weekly in a fun relaxed atmosphere to enjoy the game of Bridge. Some experience is necessary. The club meets at Jaycee Center except during the summer months. During the summer, the club meets in the Wade Avenue Module. Class Fee: \$0

#110370	May 4-25	W	10:00am-1:00pm
#110371	Jun 15-22	W	10:00am-1:00pm
#110372	Jul 6-27	W	10:00am-1:00pm
#110373	Aug 3-31	W	10:00am-1:00pm

Mah Jongg Beginners

Location: Greystone Community Center
Age: 50yrs and up. Mah Jongg is a tile game that can be traced back to the end of the last century. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses and the beauty and excitement of the game itself. For more information contact Carmen Rayfield at 807-8525. Class Fee: \$0

#110357	May 2-23	M	2:00-4:00pm
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Mah Jongg Intermediate

Location: Greystone Community Center
Age: 50yrs and up. These intermediate workshops are for those individuals that have been through the Senior Mah Jongg beginners workshop or have played the game in the past and need a refresher course. For more information on these workshops contact Carmen Rayfield at 807-8525. Class Fee: \$0

#110359	Jun 6-27	M	2:00-4:00pm
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Read and Go Discussions

Location: Frank E. Evans Administrative Bldg.
Age: 50yrs and up. Are you an avid reader? Do you like to travel? The new Read and Go series combines the best of these two activities. Participants will read a select group of fiction and nonfiction books based on North Carolina locations and then travel to these sites to explore the areas the books are based on. The reading list and learn more about the trips and associated events with the program call 807-8525 or go to www.raleighnc.gov/seniors. Group discussions for our Read and Go Program

books. Class Fee: \$0

#110363	May 2	M	1:00-2:00pm
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At Home in Mifflord

#106453	May 5	Th	1:00-3:00pm
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Walking Across Egypt

#106454	Aug 4	Th	1:00-3:00pm
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Senior Adventure Club SOAR

Location: Non-City Owned Site
Age: 50yrs and up. Looking for a group of active adults to go on adventure trips with, well look no further. This club is for individuals who are interested in doing outdoor activities with other adults. This club is not for the extreme sports person. The group will do things like: hiking, white water rafting, canoeing, camping, exotic travels and much more. Registering for this club will put you on the mailing list to receive the fliers for all upcoming trips. Call 807-8525 for trip dates and time or visit our web site at www.raleighnc.gov/seniors. Class Fee: \$0

#110360	May 7	Sa	9:00-11:00am
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Senior Fridays

Location: Greystone Community Center
Age: 55yrs and up. Enjoy time playing cards and games while socializing with your friends. Feel free to bring cards and games with you! Class Fee: \$0

#109306	May 6-Aug 12	F	1:00-3:00pm
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Senior Gamesters

Location: Lake Lynn Community Center
Age: 55yrs and up. Our seniors at Lake Lynn know how to have fun. Come join them for ping-pong (Tuesdays and Saturdays) and card games (Tuesdays). Class Fee: \$0

#107522	May 3-Aug 30	T	6:30-8:30pm
#107523	May 7-Aug 27	Sa	9:00-11:00am

Senior Monday Morning Movies

Location: Green Road Community Center
Age: 55yrs and up. Are you in the mood for a good movie, popcorn and soda? Then come join your friends as we view current films as well as classics in a friendly environment. Preregistration is necessary due to popularity! Class Fee: \$2

#107589	May 2	M	10:00am-12:00pm
#107590	May 9	M	10:00am-12:00pm
#107591	May 16	M	10:00am-12:00pm
#107592	May 23	M	10:00am-12:00pm
#107593	May 30	M	10:00am-12:00pm
#107594	Jun 6	M	10:00am-12:00pm
#107595	Jun 13	M	10:00am-12:00pm
#107596	Jun 20	M	10:00am-12:00pm
#107597	Jun 27	M	10:00am-12:00pm
#107588	Jul 11	M	10:00am-12:00pm
#107598	Jul 18	M	10:00am-12:00pm

#107599	Jul 25	M	10:00am-12:00pm
#107600	Aug 1	M	10:00am-12:00pm
#107601	Aug 8	M	10:00am-12:00pm
#107602	Aug 15	M	10:00am-12:00pm
#107603	Aug 22	M	10:00am-12:00pm
#107604	Aug 29	M	10:00am-12:00pm

Family

Campbell Community Cinema

Location: Ralph Campbell Community Center
Age: 10-99yrs. For your pure enjoyment and relaxation, come out and enjoy some great movies at The Campbell Community Cinema. The Campbell Community Cinema has something for every one. Please call in advance for this weeks movie screening. Class Fee: \$0

#109893	May 6-Aug 26	F	6:30-8:00pm
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Courtney T. Johnson Day

Location: Sgt. Courtney T. Johnson Center
Age: 1-99yrs. A fun-filled day of entertainment, displays, vendors and food for the entire family. Come out and meet your community. Class Fee: \$0

#110520	Jun 18	Sa	10:00am-2:00pm
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Drum Circle

Location: Lake Johnson
Age: 6yrs and up. Drum circles are a growing phenomenon across the U.S. and have been likened to 'rhythm parties' at which no musical expertise is necessary to join in the fun. No experience is necessary. Loaner drums are usually available—feel free to drop by and sit in. Everyone has something to offer the circle and all are welcome. Drum circles meet every 3rd Monday of the month. Class Fee: \$5

#108404	May 16	M	7:00-9:00pm
#108405	Jun 20	M	7:00-9:00pm
#108406	Jul 18	M	7:00-9:00pm
#108399	Aug 15	M	7:00-9:00pm

Family Fun Night

Location: Marsh Creek Park
Age: All Ages. Come spend some time with your family and your neighbors! Each month we will have a different family activity. Price is per family! Class Fee: \$10

Board Games

#110568	May 20	F	6:30-8:30pm
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Movie Night

#110569	Jun 24	F	6:30-8:30pm
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Talent Show

#110570	Jul 22	F	6:30-8:30pm
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Gym Games

#110571	Aug 26	F	6:30-8:30pm
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Family Social continued to page 70 —

Leisure recreation is a state of mind. It is an inner place of peace and a bridge which connects to others in a meaningful way. from the poem of Kathy O. Keffee

The Golden Years Clubs are composed of persons 55 and better. Anyone meeting the age requirements may join. Interested persons are invited to join one of the clubs located throughout Raleigh. Activities vary from club to club and may include: day trips, cards and games, luncheons, speakers, special events and crafts. For information on a specific club, contact the Club Leader indicated for each group.

1) Asbury Joy Club

Asbury UMC
6612 Creedmoor Road
3rd Thursday, 11:00am
Judy Fletcher 848-9216

2) Best Is Yet To Be

Powell Drive Neighborhood Center
740 Powell Drive
1st/3rd Friday, 10:00am
Mary Lou Franklin 846-0492

3) Brier Creek Senior Club

Brier Creek Community Center
10810 Globe Road
Tuesdays, 10:00am
Linda Palumbo 420-2340

4) Caraleigh Club

Caraleigh Community Clubhouse
118 Summit Avenue
Tuesdays, 10:00am
Mary Lou Franklin 846-0492

5) Carolina Pines Club

St. Barnabus Church
1420 Carolina Pines Avenue
2nd Wednesday, 10:00am
Tonya McNeil 831-8435

6) Catholic Golden Age

Our Lady of Lourdes Catholic Church
2718 Overbrook Drive
1st Sunday, 2:00pm
Ed Chauvaux 217-9580

7) E-Streeters Club

Edenton Street United Methodist Church
228 W. Edenton Street
3rd Tuesdays, 11:30am
Ted Ballenger 829-9646

8) Fellowship Club

West Raleigh Presbyterian Church
27 Horne Street
2nd/4th Tuesday, 10:00am
Laura Miller 851-7042

9) Fifty-Five Plus Club

Millbrook Exchange Community Center
1905 Spring Forest Road
Wednesdays, 10:00am
Billy Aubut 872-4156

10) First Cosmopolitan Senior Club

First Cosmopolitan Baptist Church
1515 Crosslink Road
3rd Wednesday, 1pm
Gene McCabe 266-1222

11) Glenwood Towers Club

Glenwood Towers Apartments
509 Glenwood Avenue
2nd/4th Wednesday, 10:00am

12) Go-Getters Club

Stonehenge Apartments Clubhouse
7303 Hihenge Court
2nd/4th Thursday, 10:00am
Lauren Llewellyn 783-0558

13) Golden Circle Club

Lions Park Community Center
516 Dennis Avenue
2nd Monday, 10:00am
Helen Sanders 250-0058

14) Golden Circle Senior Ministry

Wilson Temple UMC
1021 Oberlin Road
2nd Wednesday, 11:00am
Mable Patterson 834-6131

15) Golden Eagles Club

Top Greene Neighborhood Center
401 Martin Luther King Jr. Blvd.
Wednesdays, 11:00am
Carletta Moore 250-2730

16) Grand Age Club

Hayes Barton United Methodist Church
2209 Fairview Road
Thursdays, 11:15am
Margie Lucas 467-0572

17) Greystone Senior Club

Greystone Recreation Center
7713-55 Leadmine Road
Mondays, 12 noon
Gig Harris 782-9429

18) Heddingham Hi-Milers Club

Willow Oak Clubhouse
4401 Willow Oak Drive
2nd Tuesday, 10:00am
Bob Carper 231-6038

19) Jaycee Park Club

Jaycee Park Community Center
2405 Wade Avenue
Wednesdays, 9:30am
Doris Wilkins 510-9932

20) Joy Club

North Raleigh United Methodist Church
8501 Honeycutt Road
Wednesdays, 11:00am
Marge Kalcinski 846-0634

21) Keenagers Club

White Memorial Presbyterian Church
1704 Oberlin Road
Thursdays, 10:30am
Tracey Walston 834-3424

22) Lake Lynn Seniors

Lake Lynn Community Center
7921 Ray Road
Tuesdays, 10:00am
Lauren Llewellyn 783-0558

23) Laurel Hills Bridge Club

Laurel Hills Community Center
3808 Edwards Mill Road
Tuesdays, 10:00am
Cindy Williams 420-2383

24) Lilacs Club

Wake Chapel Baptist Church
4509 Bland Road
1st/3rd Thursday, 11:00am
William Langston 828-6777

25) Lions Park Club

Lions Park Community Center
516 Dennis Avenue
1st/3rd Wednesday, 10:00am
Virginia Pearce 231-8376

26) Lords & Ladies

Jaycee Community Center
2405 Wade Avenue
2nd Tuesdays
Nikki Speer 831-6835

27) OCBC Twilights

Oak City Baptist Church
608 Method Road
1st/3rd Thursday, 12 noon
James Simuel 839-5869

28) Parkview Manor Senior Club

Parkview Manor Apartments
911 N. Blount Street
2nd Tuesday, 2:00pm
Mary Gibbs 395-9668

29) Prime Timers Club

Hillyer Memorial Christian Church
718 Hillsborough Street
3rd Thursday, 10:30am
Dick Goudie 851-3056

30) Pullen Park Club

Pullen Park Community Center
408 Ashe Avenue
Wednesdays, 10am
Anita Spencer 831-6052

31) Quail Hollow Club

Eastgate Neighborhood Center
4200 Quail Hollow Drive
Wednesdays, 9:45am
Betty Odham 954-1974

32) Quest Fellowship Senior Club

Quest Fellowship Church
5120 Raynor Road Garner
2nd Monday, 10:30am
Betty Atkinson 833-7273

33) Roberts Park Seniors Club

Roberts Park Community Center
1300 East Martin Street
Wednesdays, 10:30am
Sherri Hartsfield 831-6830

34) St. Francis Club

St. Francis of Assisi Parish
11401 Leesville Road
2nd Wed 11am
4th Wed 12pm
Kathy Meierer 847-0705

35) St. Joseph's Senior Club

St. Joseph's Catholic Church
2809 Poole Road
2nd Sun 1pm • 4th Thurs dinner out
Ruth Willis 266-4965

36) Smiling Age Club

Billmore Hills Community Center
2615 Fitzgerald Drive
Tuesdays, 10:00am
Kenny Lyons 831-6895

37) Sparkling Seniors Club

SW Adult Day Health Center
2034 New Bern Avenue
Call for meeting days/times
Rose Simmons 231-2245

38) Tabernacle 55+ Club

Tabernacle Baptist Church
8304 Leesville Road
1st/3rd Thursday, 11:30am
Peggy Holland 872-2508

39) Thirty-Niners Club

First Baptist Church
99 N. Salisbury Street
Thursdays, 10:30am
Mary Alice Seals 832-4485

40) Touch of Love

St. Matthew Baptist Church
5410 Louisburg Road
2nd/4th Wednesday, 10:00am
Yvonne Baldwin, 608-0214

41) Tower Friendship Club

4812 Six Forks Road
1st/3rd Friday, 11:00am
Annie Brame 410-5869

42) Trinity JOY Club

Trinity United Methodist Church
824-N Bloodworth Street
3rd Tuesday, 11:00am
Mary Rust 845-9626

43) Wakefield Plantation Senior

The Gardens at Wakefield
12800 Spruce Tree Way
1st Monday, 2:00pm
Melinda Hall 562-5580

44) Wakefield Villagers Club

Villages of Wakefield Clubhouse
12650 New Falls of Neuse
2nd/4th Tuesday, 9:00am
Margaret King 556-9541

45) Walnut Terrace Friendship

Walnut Terrace Community Center
111 W. Lee Street
Wednesdays, 10:00am
Ethel Evans 832-6155

46) Watts Chapel Club

Watts Chapel Baptist Church
3703 Tryon Road
1st/3rd Tuesday, 10:30am
Gertrude Cromwell 833-9997

47) Worthdale Walkers Club

Worthdale Community Center
1001 Cooper Road
Thursdays, 11:00am
Jackie Stroud 250-2730

48) Young at Heart Club

Whitaker Mill Senior Center
401 E. Whitaker Mill Road
2nd/4th Wednesday, 10:00am
Carolyn Mitchell 852-0515

Family Social continued from page 68 —

Family Line Dancing

Location: Worthdale Community Center
 Age: 6yrs and up. Come enjoy a fun filled session of popular line dancing with family. No partner needed. Group line dancers are welcome. Class Fee: \$5

#109895	May 4-25	W	6:30-7:30pm
#109896	Jun 1-22	W	6:30-7:30pm
#109897	Jul 6-27	W	6:30-7:30pm
#109898	Aug 3-24	W	6:30-7:30pm

Family Movie Nights

Location: Sgt. Courtney T. Johnson Center
 Age: 1-99yrs. Treat the entire family to a movie for FREE! We can pop your popcorn for you. Family pre-registration is required. Class Fee: \$0

Sgt. Courtney T. Johnson Center

#110513	May 25	F	6:00-8:00pm
#110514	Jun 17	F	6:00-8:00pm
#110515	Jul 15	F	6:00-8:00pm
#110516	Aug 19	F	6:00-8:00pm

Tarboro Road Community Center

#109717	May 13	F	6:00-8:00pm
#109718	Jun 10	F	6:00-8:00pm
#109719	Jul 8	F	6:00-8:00pm
#109720	Aug 12	F	6:00-8:00pm

Family Night at the Movies

Location: Sanderford Road Park
 Age: 6-99mths. We've got the movie—you bring the kids, parents, or friends! Join us the first Friday of each month at Sanderford Road Center. Pre-registration is required. Class Fee: \$0

#109218	May 6	F	6:00-8:00pm
#109219	Jun 3	F	6:00-8:00pm
#109220	Jul 1	F	6:00-8:00pm
#109221	Aug 5	F	6:00-8:00pm

First Friday Movie Night

Location: Carolina Pines Community Center
 Age: 10yrs and up. Treat the whole family! First Fridays at Carolina Pines. Come out and enjoy a movie night with your family at Carolina Pines. Family registration required. Class Fee: \$0

#109375	May 6	F	6:45-8:45pm
#109376	Jun 3	F	6:45-8:45pm
#109377	Jul 1	F	6:45-8:45pm
#109486	Aug 5	F	6:45-8:45pm

Game It Up

Location: Sanderford Road Park
 Age: 5yrs and up. Socialize with friends while playing popular games like Uno, Connect Four, Sorry, Twister. Like a challenge? Try Pictionary, Taboo, or Cranium for the older gamers. Class Fee: \$0

#109217	May 13	F	6:00-8:00pm
#109214	Jun 10	F	6:00-8:00pm
#109215	Jul 8	F	6:00-8:00pm
#109216	Aug 12	F	6:00-8:00pm

Mother's Day Tea Party

Location: Anderson Point
 Age: 2-10yrs. Celebrate Mom with a special tea party for the both of you at the Cottage at Anderson Point! Everyone will enjoy tea, juice and cookies. We will also make a special craft to commemorate the day! Dressy attire is welcomed. Fee is per child. Class Fee: \$5

#107964	May 5	Th	6:00-7:00pm
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Specialized Recreation**Adult****Aerobics – Move that Body**

Location: Green Road Community Center
 Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities or anyone needing low impact exercise. Come join your friends, get into shape or just stay in shape with aerobics. Go at your own pace, high, low or just go with the flow. There is no one-on-one assistance available for this program. Family members, friends and even workers are welcome. For more information on this program, contact Meredith at 807-5401. Class Fee: \$15

#106543	May 17-Jun 7	T	5:30-6:30pm
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Basic Cooking

Location: Eastgate Park
 Age: 17yrs and up. This program is designed to meet the needs of teens and adults with developmental and/or physical disabilities. This program will teach you the basics on how to plan a menu, read a recipe, measure ingredients, and prepare a basic meal. This class is designed as a beginning cooking class for those who have never taken the class before or need more work on the basics. Participants will then enjoy a social time with their classmates while eating the meal they prepared. Individuals with a one-on-one staff are welcome. For more information, contact Meredith Jackson Homlotis at 807-5401. Class Fee: \$55

#106544	Jun 8-Jul 6	W	6:15-7:45pm
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Beep Ball Practice

Location: Biltmore Hills Community Center
 Age: 14yrs and up. This league is designed for visually impaired participants interested in play Beep Ball. Participants must have the ability to follow verbal instructions, crucial to safety while participating. Capacity for exercise ranges from moderate to strenuous. Downtown pickups at 6:15pm at Martin Street and Fayetteville Street Mall. Door to Door Home. Transportation provided only for City of Raleigh residents. Class Fee: \$20

#105566	Jun 1-29	W	5:30-8:00pm
#105567	Jul 6-27	W	5:30-8:00pm

Beep Ball Tournament

Locations: Lions Park Community Center
 Age: 14yrs and up. NC/SC Beepball Tournament, hosted in Raleigh, NC. Class Fee: \$0

NC/SC Tournament

#105569	Jul 22-31	F-Su	7:00am-8:00pm
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Getting Crafty

Location: Marsh Creek Park
 Age: 17yrs and up. This six week course is designed to meet the needs of individuals with developmental and/or physical

disabilities. Participants will make wonderful crafts that they will be proud to display. Come gather with friends and express yourself! Please contact Meredith Homlotis at 807-5401 with questions. Class Fee: \$30

#108159	Jul 28-Aug 25	Th	6:00-7:00pm
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Leisure Adventure Day Trips

Location: Non-City Owned Site
 Age: 17yrs and up. This program is geared towards individuals with developmental and/or physical impairments. We will be traveling to leisure destinations throughout North Carolina. For safety and due to the wide variety of possible activities, participants must be able to function easily on a one staff to four participant ratio and swim independently without assistance. Please call 807-5400 or 807-5401 if you have any questions. Cost will include lunch, transportation and entrance fees. Class Fee: \$20

NC Zoo

#106560	May 24	T	8:00am-5:00pm
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Line Dance Your Way to Fitness

Location: Laurel Hills Community Center
 Age: 17yrs and up. This program is designed for adults with developmental and/or physical disabilities. Come learn some new dance moves while you get into shape. This line dancing class will include Country as well as Hip Hop. Family members, friends and workers are welcome. Contact Meredith Jackson Homlotis at 807-5401 for more information on this program. Class Fee: \$25

#108148	Jul 11-Aug 8	M	6:30-7:30pm
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Scrapbooking for Adults

Location: Jaycee Community Center
 Age: 17yrs and up. This 5-week program is for individuals with developmental and/or physical disabilities needing techniques in scrapbooking or for those just looking for a place to work on their scrapbook. Learn to create a photo album with your pictures of family and friends, including organizing, designing and decorating the pages of your album. Please bring photos to scrapbook. For more information, contact Meredith Homlotis at 807-5401. Class Fee: \$25

#106555	May 26-Jun 23	Th	6:30-7:30pm
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SRS Bingo Night

Location: Pullen Community Center
 Age: 17yrs and up. What could be more exciting than a fun filled night of Bingo? There will be prizes and lots of time with friends. For more information contact Meredith Jackson Homlotis at 807-5401. Class Fee: \$5

#106545	May 10	T	6:00-8:00pm
#106546	Jun 14	T	6:00-8:00pm
#106547	Jul 12	T	6:00-8:00pm
#106548	Aug 9	T	6:00-8:00pm

SRS Recreational Bowling

Location: Non-City Owned Site
 Age: 17yrs and up. This bowling program is recreational in nature and provides a fun and exciting place for adults with developmental

and/or physical disabilities to participate in bowling. This is not an instructional but rather a recreational class. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. For more information, contact Meredith Jackson Homlotis at 807-5401. Class Fee: \$20

AMF Capital

#106549	Jun 4-25	Sa	10:00am-12:00pm
#106551	Jul 9-30	Sa	10:00am-12:00pm
#106553	Aug 6-27	Sa	10:00am-12:00pm

AMF South Hills

#106550	Jun 4-25	Sa	10:00am-12:00pm
#106552	Jul 9-30	Sa	10:00am-12:00pm
#106554	Aug 6-27	Sa	10:00am-12:00pm

Family

Siblings Supporting Siblings

Location: Jaycee Community Center
Age: 21yrs and up. In collaboration with the Autism Society of North Carolina, this support group is offered for adult siblings of individuals with autism and other developmental disabilities. We will focus on information and support that adult siblings might need as they and their families mature, their parents age, and they become more involved with their sibling with a disability. Please try to attend all four sessions. This group will be limited to 20 siblings. Please register early! Please contact Meredith Homlotis with questions at 807-5401. We look forward to meeting you!

Class Fee: \$0

#106556	May 17	T	6:30-8:30pm
#106557	Jun 21	T	6:30-8:30pm
#106558	Jul 19	T	6:30-8:30pm
#106559	Aug 16	T	6:30-8:30pm

Swim Lessons – Private

Age: 3yrs and up. These classes are for individuals with special needs that require individualized swim instruction and/or adaptive equipment in order to be successful. Skills are tailored and modified for each student, with the ultimate goal of progressing through American Red Cross Learn to Swim levels and smoothly transitioning into typical aquatic programming. Students will receive progress notes at the completion of each session, as well as, a recommendation regarding continued classes. When a student is demonstrating an appropriate acquisition of skills and the ability to learn in a group setting, we will recommend either a small group class or supported participation in a typical group lesson. This truly is a collaborative effort, for additional information or any questions concerning appropriate placements or adapted aquatics, please contact Stephanie Stancil at 807-5400. For all students new to this program, please enroll in private lessons for an initial

assessment. Class Fee: \$40

Lake Johnson Pool

#105426	Jul 11-14	M-Th	8:00-8:30am
#105442	Jul 11-14	M-Th	8:45-9:15am
#105443	Jul 11-14	M-Th	9:30-10:00am
#105444	Jul 18-21	M-Th	8:00-8:30am
#105445	Jul 18-21	M-Th	8:45-9:15am
#105446	Jul 18-21	M-Th	9:30-10:00am
#105447	Jul 25-28	M-Th	8:00-8:30am
#105448	Jul 25-28	M-Th	8:45-9:15am
#105449	Jul 25-28	M-Th	9:30-10:00am
#105450	Aug 1-4	M-Th	8:00-8:30am
#105451	Aug 1-4	M-Th	8:45-9:15am
#105452	Aug 1-4	M-Th	9:30-10:00am

Millbrook Pool – \$80 fee

#105398	May 9-Jun 1	M,W	4:00-4:30pm
#105453	May 9-Jun 1	M,W	4:45-5:15pm
#105454	May 9-Jun 1	M,W	5:30-6:00pm

Millbrook Pool – \$40 fee

#105399	Jun 6-9	M-Th	4:00-4:30pm
#105455	Jun 6-9	M-Th	4:45-5:15pm
#105456	Jun 6-9	M-Th	5:30-6:00pm
#105496	Jun 13-16	M-Th	4:00-4:30pm
#105499	Jun 13-16	M-Th	4:45-5:15pm
#105501	Jun 13-16	M-Th	5:30-6:00pm
#105508	Jun 20-23	M-Th	4:00-4:30pm
#105510	Jun 20-23	M-Th	4:45-5:15pm
#105512	Jun 20-23	M-Th	5:30-6:00pm
#105514	Jun 27-30	M-Th	4:00-4:30pm
#105516	Jun 27-30	M-Th	4:45-5:15pm
#105517	Jun 27-30	M-Th	5:30-6:00pm
#105519	Jul 11-14	M-Th	4:00-4:30pm
#105520	Jul 11-14	M-Th	4:45-5:15pm
#105522	Jul 11-14	M-Th	5:30-6:00pm
#105524	Jul 18-21	M-Th	4:00-4:30pm
#105525	Jul 18-21	M-Th	4:45-5:15pm
#105526	Jul 18-21	M-Th	5:30-6:00pm
#105527	Jul 25-28	M-Th	4:00-4:30pm
#105529	Jul 25-28	M-Th	4:45-5:15pm
#105531	Jul 25-28	M-Th	5:30-6:00pm
#105533	Aug 1-4	M-Th	4:00-4:30pm
#105534	Aug 1-4	M-Th	4:45-5:15pm
#105536	Aug 1-4	M-Th	5:30-6:00pm
#105539	Aug 8-11	M-Th	4:00-4:30pm
#105540	Aug 8-11	M-Th	4:45-5:15pm
#105541	Aug 8-11	M-Th	5:30-6:00pm

Telling Your Story – Creative Journaling and Storytelling

Location: Pullen Arts Center

Age: 12yrs and up. What is your story?

Writing a memoir can be an overwhelming task, and creative journaling can be used as a tool to shape and form your memoir, your story. Writing prompts and journaling techniques can jump start the creative process and add depth to the stories in your life. In this workshop, we'll discover new ways to use creative journaling prompts mixed with pictures and memorabilia to craft your memoir. Participants learn creative journaling prompts to add depth to memoir writing. Participants integrate theme, style and tone into their creative journaling. All communication levels welcome. This workshop is barrier free and fully inclusive. Individuals or families are welcomed! Megan Cutter instructs (6 sessions).

Class Fee: \$95

#109980	Aug 2-Sep 6	T	6:00-7:00pm
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Sports

Preschool

All Sports – Little Starters

Age: 3-5yrs. Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on! Class Fee: \$36

Barwell Road Community Center

#109532	May 1-22	Su	2:45-3:30pm
#109533	Jun 5-26	Su	2:45-3:45pm
#109539	Jul 10-31	Su	2:45-3:45pm
#109540	Aug 7-28	Su	2:45-3:45pm

Green Road

#107610	May 4-25	W	6:00-6:45pm
#107611	Jun 1-22	W	6:00-6:45pm
#107612	Jul 6-27	W	6:00-6:45pm
#107613	Aug 3-24	W	6:00-6:45pm

Lake Lynn Community Center

#110195	May 7-Jun 4	Sa	10:00-10:45am
#110200	Jun 18-Jul 16	Sa	10:00-10:45am

Optimist Community Center

#110458	May 6-27	F	11:00-11:45am
#110459	Aug 5-26	F	11:00-11:45am

All Sports –

Soccer, T-ball and Lacrosse

Location: Brier Creek Community Center

Age: 3-5yrs. Introducing the basic skills of loco-motor movements, soccer, t-ball, and lacrosse in a fun, social and non-competitive atmosphere. Helps develop listening skills, patience, cooperation and sportsmanship skills. Instructor: Coach Jay, Physical Education Instructor. Class Fee: \$36

Brier Creek Community Center

#109521	May 5-26	Th	4:45-5:30pm
#109522	May 5-26	Th	5:45-6:30pm
#109523	Jun 9-30	Th	4:45-5:45pm
#109524	Jun 9-30	Th	5:45-6:30pm

Anderson Point Park

#109611	May 5-26	Th	6:00-6:45pm
#109612	Jun 9-30	Th	6:00-6:45pm

All Sports – Toddlers

Location: Barwell Road Community Center

Age: 18-36mths. Do you have a toddler that needs to burn some energy? Participants will be exposed to a different sport, such as soccer and basketball, in each class. Children will improve their gross motor skills by doing lots of running, jumping, skipping and more! Class activities may include throwing, kicking, parachute games and more. Parent participation required. Class Fee: \$30

#109525	May 1-22	Su	2:00-2:30pm
#109526	Jun 5-26	Su	2:00-2:30pm
#109528	Jul 10-31	Su	2:00-2:30pm
#109529	Aug 7-28	Su	2:00-2:30pm

Preschool Sports continued next page —

Baseball – Kinder T-Ball

Location: Jaycee Community Center
 Age: 4-6yrs. Diamond tough. Let's play ball!
 Come learn about batting, fielding, and base
 running in a non-competitive setting. Class
 Fee: \$32
 #108765 May 5-26 Th 5:00-5:45pm

Baseball – Little Sluggers

Age: 3-5yrs. This class is an introduction in
 skills development that teaches the basics of
 baseball including fielding, hitting, throwing,
 and catching. Class will help develop your
 child's hand/eye coordination, listening
 skills, good sportsmanship and teamwork!
 Let's play ball! Class Fee: \$36

Millbrook Exchange with Coach K

#108517 May 3-24 T 6:30-7:15pm

Lake Lynn Community Center

#110192 May 3-24 T 6:30-7:15pm

Optimist Community Center

#110374 May 3-24 T 5:00-5:45pm

#110375 Jun 2-23 Th 5:00-5:45pm

#110377 Jul 9-30 Sa 10:30-11:15am

#110378 Aug 8-29 M 5:00-5:45pm

Marsh Creek Park

#110587 Jun 3-24 F 6:00-6:45pm

#110588 May 7-28 Sa 10:00-10:45am

Basketball – Little Shooters

Age: 3-5yrs. A skills, drills and play
 shooters game class. Players learn the
 basics including dribbling, shooting,
 passing, one-on-one, offense-defense and
 team play fundamentals for a rewarding
 sports experience. Instructor: Coach K, BS,
 Licensed/Certified. Class Fee: \$36

Laurel Hills

#108266 May 3-24 T 4:15-5:00pm

#108267 May 31-Jun 21 T 4:15-5:00pm

#108269 Jun 28-Jul 26 T 4:15-5:00pm

#108268 Aug 2-23 T 4:15-5:00pm

Millbrook Exchange

#108519 May 2-23 M 6:30-7:15pm

Green Road

#107614 May 3-24 T 6:00-6:45pm

#107615 Jun 7-28 T 6:00-6:45pm

#107616 Jul 5-26 T 6:00-6:45pm

#107617 Aug 2-23 T 6:00-6:45pm

Lake Lynn Community Center

#110194 May 7-Jun 4 Sa 11:00-11:45am

Optimist Community Center

#110366 May 2-23 M 5:00-5:45pm

#110367 Jun 1-22 W 5:00-5:45pm

#110368 Jul 8-29 F 5:00-5:45pm

#110369 Aug 6-27 Sa 10:30-11:15am

Marsh Creek Community Center

#110577 Jun 2-23 Th 4:00-4:45pm

#110578 Aug 6-27 Sa 10:00-10:45am

Basketball – Two's Sport Zone

Location: Laurel Hills Community Center
 Age: 2yrs. This parent-tot class is a great
 way to play while learning about the basics
 of basketball on a toddler's level. Little
 shooters will enjoy the tiny hoop games,
 touch-n-go dribbling, catch, pass, and more
 motor skill development fun. Wonderful for
 social skills and fitness! Instructor: Coach K.



Class Fee: \$36

#108411 May 7-28 Sa 9:00-9:30am

#108412 Jun 4-25 Sa 9:00-9:30am

#108409 Jul 2-23 Sa 9:00-9:30am

#108410 Aug 6-27 Sa 9:00-9:30am

Cheerleading – Little Pom Poms

Location: Optimist Community Center
 Age: 3-5yrs. A sports program to introduce
 the basic fundamentals of cheerleading for
 your preschooler. Terms, routines and fun
 are emphasized! Class Fee: \$36

#110455 May 3-24 T 6:15-7:00pm

#110452 Jun 7-28 T 6:15-7:00pm

#110453 Jul 12-Aug 2 T 6:15-7:00pm

#110454 Aug 9-30 T 6:15-7:00pm

Daddy and Me Sports Zone

Location: Laurel Hills Community Center
 Age: 3-5yrs. Dads, it's your morning to
 shine! You and your little one will grow
 closer as you both make new friends, have
 fun, and play group games that will improve
 hand-eye coordination, muscular skills and
 balance. Coach K instructs. Class Fee: \$40
 #108420 Jun 4-25 Sa 10:30-11:15am

Football – Little Tacklers

Location: Millbrook Exchange Community Ctr
 Age: 3-5yrs. Hut one, hut two.....hike!
 This class is an introduction in skills
 development that teaches the basics of
 football including passing, kicking, catching
 and running. The class will help develop
 hand/eye coordination, listening skills, good
 sportsmanship and teamwork! Emphasis will
 be on safe play. Some parent participation
 included. Touchdown! Instructor: Coach K,
 BS, Licensed/Certified. Class Fee: \$36

Millbrook Exchange

#107910 May 6-27 F 6:45-7:30pm

Laurel Hills

#108407 May 7-28 Sa 12:00-12:30pm

#108408 Aug 3-24 W 6:15-6:45pm

Optimist Community Center

#110380 May 6-27 F 5:00-5:45pm

#110382 Jun 4-25 Sa 9:30-10:15am

#110384 Jul 12-Aug 2 T 5:00-5:45pm

#110386 Aug 3-24 W 5:00-5:45pm

Football – Two's Sport Zone

Location: Laurel Hills Community Center
 Age: 2yrs. Parent and child come off the
 sidelines and get into the game as you learn
 about football skills by participating in mini
 drills and fun games. Punt, pass, kick and
 catch basics and more! Benefits include
 hand-eye coordination, body awareness
 and socialization. Coach K instructs. Class
 Fee: \$36

#108421 Aug 6-27 Sa 10:30-11:00am

Golf – Kinder Golf I

Location: Jaycee Community Center
 Age: 4-6yrs. Kinder Golf I is an introduction
 to golf. The basics of swing, putting, and
 grip will be discussed and tried in a hands
 on format. Class Fee: \$32
 #108768 May 5-26 Th 1:00-1:45pm

Golf – Little Putters

Location: Optimist Community Center
 Age: 4-5yrs. A sports program to teach
 the basic fundamentals of golf for your
 preschooler. Terms, sportsmanship and fun
 are emphasized! Class Fee: \$36
 #110405 May 5-26 Th 5:00-5:45pm
 #110406 Jun 4-25 Sa 10:30-11:15am
 #110407 Jul 11-Aug 1 M 5:00-5:45pm
 #110408 Aug 4-25 Th 5:00-5:45pm

Hockey – Little Sticks 'n' Pucks

Location: Optimist Community Center
 Age: 4-5yrs. An introduction to the sport of
 hockey for your preschooler, inside a gym
 off the ice. Terms, sportsmanship and fun

are emphasized! Class Fee: \$36

#110401	May 7-28	Sa	9:30-10:15am
#110402	Jun 6-27	M	5:00-5:45pm
#110403	Jun 29-Jul 27	W	5:00-5:45pm
#110404	Aug 5-26	F	5:00-5:45pm

Kinder Sport

Location: Jaycee Community Center

Age: 4-6yrs. Release some energy.

Designed to develop skills, fundamentals and confidence, Kinder Sport is taught in a non-competitive atmosphere. A variety of sports are taught depending on the weather and class skill level including kickball, t-ball, football, basketball, soccer, or hockey. Class Fee: \$32

#108784	May 4-25	W	4:45-5:30pm
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Lacrosse – Tiny Stix

Location: Optimist Community Center

Age: 4-5yrs. An introductory sports class that focuses on the fundamental skills of lacrosse. Participants will be introduced to lacrosse skills such as catching, feeding, passing, scooping, and shooting in a safe, non-competitive environment. Class Fee: \$36

#110409	May 7-28	Sa	10:30-11:15am
#110410	Jun 7-28	T	5:00-5:45pm
#110411	Jun 30-Jul 28	Th	5:00-5:45pm
#110412	Aug 6-27	Sa	9:30-10:15am

Martial Arts – Karate Tikes

Location: Laurel Hills Community Center

Age: 4-6yrs. Karate Tikes blends karate and gym drills to teach basic self defense movements and concentration in a safe environment for young learners. No experience is necessary. Instruction by Triangle's Best Karate. Class Fee: \$36

#108488	May 3-24	T	5:15-5:45pm
#108489	Jun 7-28	T	5:15-5:45pm
#108490	Jul 5-26	T	5:15-5:45pm
#108491	Aug 2-23	T	5:15-5:45pm

Soccer – Kinder Soccer

Location: Jaycee Community Center

Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder Soccer focuses on skills such as dribbling, passing, kicking, and ball control. Class Fee: \$32

#108770	May 2-23	M	1:00-1:45pm
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Soccer – Little Kickers

Age: 3-5yrs. This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork!

GOAL! Class Fee: \$36

Laurel Hills with Coach K

#108272	May 4-25	W	4:15-5:00pm
#108273	Jun 1-22	W	4:15-5:00pm
#108275	Jul 6-27	W	4:15-5:00pm
#108274	Jun 4-25	Sa	1:00-1:45pm
#108276	Jul 2-23	Sa	1:00-1:45pm

Green Road

#107606	May 5-26	Th	6:00-6:45pm
#107607	Jun 2-23	Th	6:00-6:45pm
#107608	Jul 7-28	Th	6:00-6:45pm
#107609	Aug 4-25	Th	6:00-6:45pm

Millbrook Exchange with Coach K

#108521	May 5-26	Th	6:45-7:30pm
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Brier Creek with Coach Jay

#109517	May 3-24	T	4:45-5:30pm
#109518	May 3-24	T	5:45-6:30pm
#109519	Jun 7-28	T	4:45-5:30pm
#109520	Jun 7-28	T	5:45-6:30pm

Lake Lynn Community Center

#110208	Jun 14-Jul 12	T	6:30-7:15pm
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Optimist Community Center

#110306	May 4-25	W	5:00-5:45pm
#110331	Jun 3-24	F	5:00-5:45pm
#110346	Jul 9-30	Sa	9:30-10:15am
#110352	Aug 9-30	T	5:00-5:45pm

Marsh Creek Community Center

#110581	Jun 2-23	Th	5:00-5:45pm
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Soccer – Two's Sport Zone

Location: Laurel Hills Community Center

Age: 2yrs. Parent and child come off the sidelines and get into the game as you learn about soccer skills by participating in mini soccer drills and fun games. Play drop, dribble, kick, net goals and more. Benefits include hand-eye coordination, body awareness and socialization. Coach K instructs. Class Fee: \$36

#108413	May 7-28	Sa	9:45-10:15am
#108415	Jun 4-25	Sa	9:45-10:15am
#108414	Jul 2-23	Sa	9:45-10:15am
#108416	Aug 6-27	Sa	9:45-10:15am

Sport Tots

Location: Chavis Community Center

Age: 3-5yrs. Looking to train the next great tot? Does your child have untapped skills? If so, join us for sport tots on Saturday mornings. We will rotate sports each month. Class Fee: \$15

Track Tots

#108425	May 7-28	Sa	10:30-11:30am
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Soccer Tots

#108426	Aug 6-27	Sa	10:30-11:30am
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Sporty Sprouts

Location: Tarboro Road Community Center

Age: 4-6yrs. Learn the basic skills of basketball. This is a class that builds sportsmanship and leadership at an early age. Class Fee: \$15

#109790	May 4-25	W	10:30-11:15am
#109791	Jun 1-22	W	6:15-7:00pm

T-Ball – Two's Sport Zone

Location: Laurel Hills Community Center

Age: 2yrs. This parent-tot class is a great way to play while learning about the basics of baseball on a toddler's level. Little all-stars will enjoy the tiny t-ball games, hitting, catching, throwing, and more motor skill development fun. Wonderful for social skills and fitness! Coach K instructs. Class Fee: \$36

#108417	May 7-28	Sa	10:30-11:00am
#108418	Jul 2-23	Sa	10:30-11:00am

T-Ball – Little Sluggers

Location: Laurel Hills Community Center

Age: 3-5yrs. Introduction to T-ball skills using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, non-

competitive atmosphere. Coach K instructs.

Class Fee: \$36

#108278	Jun 1-22	W	5:15-6:00pm
#108277	Jun 29-Jul 20	W	5:15-6:00pm
#108279	Aug 3-24	W	5:15-6:00pm

Terrific Threes

Location: Jaycee Community Center

Age: 3yrs. Terrific Threes is a special class strictly for three year olds. The class is designed to enhance hand-eye coordination and confidence through sports such as soccer, basketball, t-ball, and other activities. This class is taught in a non-competitive format. Class Fee: \$32

#108776	May 3-24	T	10:30-11:00am
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Youth

All Sports – Youth

Location: Barwell Road Community Center

Age: 5-10yrs. Interested in introducing your athlete to a variety of sports? This program introduces participants to the fundamentals of a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Start playing now! Class Fee: \$36

#109541	May 1-22	Su	4:00-5:00pm
#109542	Jun 5-26	Su	4:00-5:00pm
#109543	Jul 10-31	Su	4:00-5:00pm
#109544	Aug 7-28	Su	4:00-5:00pm

Baseball – Sluggers

Location: Millbrook Exchange Community Ctr

Age: 6-9yrs. Crack! It's going, going... gone! This class helps develop the skills of baseball including running, hitting, throwing, pitching and fielding. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Class Fee: \$40

Millbrook Exchange with Coach K

#108518	May 3-24	T	7:30-8:15pm
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Green Road

#110584	Jun 2-23	Th	6:00-6:45pm
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Basketball – Girls Basketball Skills

Location: Lake Lynn Community Center

Age: 9-12yrs. Didn't get enough basketball during the winter? This class, just for girls, will stress the fundamentals of basketball with an emphasis on fun. Class Fee: \$40

#110220	Jun 14-Jul 12	T	7:30-8:15pm
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Basketball – Hoops

Location: Laurel Hills Community Center

Age: 10-12yrs. Keep your skills sharp! We'll work on shooting, defense, position play and overall understanding of the game while having fun! Be sure to wear comfortable clothes and sneakers. Coach K instructs. Class Fee: \$40

Laurel Hills

#108394	May 4-25	W	7:15-8:00pm
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Millbrook Exchange

#108520	May 2-23	M	7:30-8:15pm
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Youth Sports continued next page —

Youth Sports continued

Basketball – Hoops Hopefuls

Location: Laurel Hills Community Center
Age: 6-9yrs. A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Coach Khadija instructs. Class Fee: \$40

Laurel Hills Community Center

#108440 May 7-28 Sa 2:00-2:45pm
#108441 Aug 6-27 Sa 2:00-2:45pm

Marsh Creek Community Center

#110582 Jun 30-Jul 21 Th 5:00-5:45pm
#110583 Aug 6-27 Sa 12:00-12:45pm

Basketball – Shooters

Location: Laurel Hills Community Center
Age: 4-7yrs. A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Class Fee: \$40

Laurel Hills with Coach K

#108438 May 7-28 Sa 1:00-1:45pm
#108439 Aug 6-27 Sa 1:00-1:45pm

Marsh Creek Community Center

#110579 Jul 5-26 T 4:00-4:45pm
#110580 Aug 6-27 Sa 11:00-11:45am

Basketball Camp – Tarboro Road

Location: Tarboro Road Community Center
Age: 10-16yrs. Come out and learn the fundamentals of basketball through fun games and activities. Basketball games will be held each Wednesday. Class Fee: \$25
#108917 Jul 11-Aug 10 M-W 6:30-7:45pm

Basketball – Girls Skills and Thrills

Location: Chavis Community Center
Age: 6-Byrs. Youth girls will be trained in the art of basketball fundamentals. Dribbling, passing, shooting, and defense will be highlighted in each session. Develop skills now that will prepare youth girls for the fall season. Class Fee: \$10

Ages 6-8

#108376 Aug 2-30 T 6:15-7:00pm

Ages 9-11

#108375 Aug 2-30 T 7:15-8:00pm

Basketball Improvement Clinic

Location: Roberts Park Community Center
Age: 9-12yrs. A skills camp that teaches the fundamentals of basketball. The clinic focuses on dribbling, passing, free throw shooting, rebounding and shot selection. Players will build confidence, learn teamwork and sportsmanship. Class Fee: \$20

#109828 May 14-Jun 4 Sa 9:30-11:00am

Basketball Skills for Beginners

Location: Lake Lynn Community Center
Age: 6-8yrs. Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Class Fee: \$40
#110201 Jun 18-Jul 16 Sa 11:00-11:45am
#110205 May 3-24 T 7:30-8:15pm

Basketball Skillz

Location: Barwell Road Community Center
Age: 5-11yrs. Build your basketball skills in this interactive and highly skilled class taught by Coach Viola. Learn the fundamentals of basketball which includes shooting, passing, defense, offense and dribbling. Each week a new skill set will be taught and the old skills will be reinforced through play and interactive coaching. The last class will consist of a scrimmage game where skills from the previous classes will be practiced in a real game situation. Don't miss this fun and exciting program! Class Fee: \$36

Barwell Road Community Center

#109809 May 10-31 T 6:00-7:00pm

Marsh Creek Community Center

#110553 May 5-26 Th 6:00-7:00pm

Basketball – Chavis Ballers

Location: Chavis Community Center
Age: 5-6yrs. Let's shoot some hoops! This is a beginning basketball league for children ages 5 and 6 years old. Participants will be placed on teams for scrimmage style games that will develop fundamental basketball skills including dribbling, passing, and shooting. This league is designed to help your child become familiar with the game of basketball as well as develop good listening skills and the value of good sportsmanship. All games will be played at Chavis Center. Registration runs from July 18-29. Class Fee: \$25

#108372 Aug 4-Sep 22 Th 6:15-8:15pm

Biltmore Hills Baseball Tournament

Location: Biltmore Hills Community Center
Age: All Ages. This is a weekend tournament for baseball teams that are 10 and under, 12 and under, and 14 and under. Registration is May 23-June 6. Class Fee: \$150

10 and under

#109207 Jun 17-19 F-Su 6:00-9:00pm

12 and under

#109208 Jun 17-19 F-Su 6:00-9:00pm

14 and under

#109209 Jun 17-19 F-Su 6:00-9:00pm

Biltmore Hills Football Fundamentals and Conditioning

Location: Biltmore Hills Community Center
Age: 6-13yrs. This program will help players with football fundamentals and conditioning for the upcoming football seasons. Class Fee: \$0

#109210 Jul 25-28 M-Th 6:30-8:30pm

Biltmore Hills Girls Basketball Clinic

Location: Biltmore Hills Community Center
Age: 7-12yrs. This clinic is designed for girls who want to sharpen their basketball skills. Class Fee: \$15

#109158 Aug 20-Sep 10 Sa 10:00am-12:00pm

Cheerleading

Location: Optimist Community Center
Age: 6-9yrs. Hip! Hip! Hurray! Go, Team, Go! Now this is something to cheer about! Has your child wished they were a cheerleader?

Their dreams can now be a reality! Come and learn the latest moves, routines and cheers. This class is designed to help build self-esteem, physical strength, endurance and coordination. Come join this fun class and learn some really cool cheers! Class Fee: \$40

#110467 May 3-24 T 7:15-8:00pm

#110464 Jun 7-28 T 7:15-8:00pm

#110465 Jul 12-Aug 2 T 7:15-8:00pm

#110466 Aug 9-30 T 7:15-8:00pm

Cheerleading – CheerAmerica

Location: Millbrook Exchange Community Ctr
Young Champions of America offers this fun and exciting cheerleading program for beginners, intermediate and advanced level students. Along with providing lots of fun, this program promotes coordination, confidence, poise, physical fitness, artistic expression, teamwork and competitive spirit. Our students learn fundamentals of dance and cheer, dance routines, parade routines, cheers, chants, jumps, and how to perform in front of an audience. Uniforms and pompoms may be purchased separately. They will be required for any parades, performances or competitions. ALL classes are competition teams. Students will participate in parades, performances and competitions. Class Fee: \$112

Ages 4-6

#108523 May 10-Aug 16 T 6:15-7:00pm

Ages 7-15

#108525 May 10-Aug 16 T 7:00-7:45pm

Disc Golf – Basic Instruction

Location: Optimist Community Center
Age: 8-12yrs. Ever heard of disc golf? Did you know that there are tournament caliber course in Raleigh? Whether you did or didn't know, come and get involved in the fun and challenging sport of disc golf. This course will provide basic instruction on throwing technique, game fundamentals and scoring all while encouraging a fun way to stay healthy. The course will involve some class instruction as well as actual game play. Game play will be held at Cedar Hills Park Disc Golf Course. Class Fee: \$30

#110381 May 7-28 Sa 10:00-11:00am

#110383 Jun 4-25 Sa 10:00-11:00am

#110388 Jul 9-30 Sa 10:00-11:00am

#110389 Aug 6-27 Sa 10:00-11:00am

Fitness – Speed! Power! and Quickness!

Location: Ralph Campbell Community Center
Age: 10-13yrs. Participants will learn proper techniques to help improve their overall athletic ability and have a blast doing it. These sessions are a great way to get ready for the up coming sports seasons. Class Fee: \$75

#109729 May 9-30 M,W,Sa 7:00-8:00pm

#109730 Jun 1-29 M,W,Sa 7:00-8:00pm

#109731 Jul 6-30 M,W,Sa 7:00-8:00pm

#109732 Aug 1-13 M,W,Sa 7:00-8:00pm

Football – Tacklers

Location: Laurel Hills Community Center
 Age: 4-7yrs. Your tough tackler will be introduced to the basics of football fun, including safety, kicking, passing and positions. Helps develop listening skills, hand-eye coordination as well as good sportsmanship. Coach Khadija instructs. Class Fee: \$40
 #108422 Aug 6-27 Sa 11:15am-12:00pm

Girl Sports

Location: Biltmore Hills Community Center
 Age: All Ages. This class introduces young girls to sports! Helps them get familiar with a sport they may want to pursue. Each week there will be a different focus. Class Fee: \$20
 #109160 Jul 9-30 Sa 10:00am-12:00pm

Hockey – Pucksters

Location: Laurel Hills Community Center
 Age: 4-7yrs. Come join the fun and learn the basic skills of street hockey. Goal tending, scoring, passing and teamwork are just a few of the skills introduced in this course. Participants enjoy a social and fitness sports class all in a noncompetitive learning environment. Coach Khadija instructs. Class Fee: \$40
 #108140 Jul 11-Aug 1 M 6:15-7:00pm

Lil Hoops

Location: Carolina Pines Community Center
 Age: 4-5yrs. A Saturday morning league for baby Shaq or Lil' Leslie. Practice once a week and games played on Saturday morning. Registration May 11-21. Age as of March 31, 2011. Class Fee: \$30
 #109401 May 14-Jul 23 Sa 9:00am-12:00pm

Martial Arts – Karate Kids

Location: Laurel Hills Community Center
 Age: 5-12yrs. Karate Kids introduces Shotokan karate to develop self defense, quicker reflexes and conditioning. Etiquette, self control and respect are taught along with straight, correct punches, strikes and kicks in the spirit of traditional Japanese karate. Instruction provided by Triangle's Best Karate. Class Fee: \$36
 #108484 May 5-26 Th 5:00-5:45pm
 #108485 Jun 2-23 Th 5:00-5:45pm
 #108486 Jul 7-28 Th 5:00-5:45pm
 #108487 Aug 4-25 Th 5:00-5:45pm

Scooter Soccer

Location: Laurel Hills Community Center
 Age: 4-7yrs. Soccer skills and drills with scooter fun. Little athletes will practice dribbling, kicking, passing and ball maneuvers. Benefits include great sportsmanship, fitness, motivational enhancement and coordination. Coach Khadija instructs. Class Fee: \$40
 #108262 Jun 6-27 M 4:00-4:45pm

Soccer – Kickers

Location: Laurel Hills Community Center
 Age: 6-9yrs. G-O-O-A-L! This class will help develop the basic fundamentals of soccer including passing, dribbling, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Class Fee: \$40
Laurel Hills with Coach K (Khadija)
 #108264 Jun 6-27 M 5:00-5:45pm
Millbrook Exchange with Coach K
 #108522 May 5-26 Th 7:45-8:30pm
Marsh Creek Community Center
 #110585 Jun 30-Jul 21 Th 6:00-6:45pm
 #110586 Aug 6-27 Sa 1:00-1:45pm

Soccer Academy

Location: Brier Creek Community Center
 Age: 5-12yrs. Basic soccer skills emphasized while incorporating fun and fitness through drills, games and activities. Alan Cohan instructs. Please check in the spring for course dates. Class Fee: \$60
 #109714 May 3-26 T,Th 5:30-7:00pm
 #109715 Jun 7-30 T,Th 5:30-7:00pm
 #109716 Jul 12-Aug 4 T,Th 5:30-6:30pm

Soccer Goalies

Location: Marsh Creek Park
 Age: 6-9yrs. Soccer is gaining popularity fast! Come play with the big kids! Higher level soccer skills and lots of game play. Class Fee: \$40
 #110589 Jul 8-29 F 6:00-6:45pm

T-Ball – Sluggers

Location: Laurel Hills Community Center
 Age: 4-7yrs. Introduction to T-ball skills using activities that teach fielding, hitting, throwing, and catching. This basic sports program will also help build your child's coordination and confidence in a fun, non-competitive atmosphere. Coach K instructs. Class Fee: \$40
 #108288 May 4-25 W 6:15-7:00pm
 #108287 Jun 29-Jul 20 W 6:15-7:00pm

Tennis Jr Level 1

Location: Millbrook Tennis Center
 Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Class Fee: \$96
Millbrook Exchange Tennis Center

#109637 May 2-Jun 8 M,W 4:00-5:00pm
 #109638 May 2-Jun 8 M,W 5:00-6:00pm
 #109639 May 2-Jun 8 M,W 6:00-7:00pm
 #109640 May 3-Jun 9 T,Th 4:00-5:00pm
 #109641 May 3-Jun 9 T,Th 5:00-6:00pm
 #109642 May 3-Jun 9 T,Th 6:00-7:00pm
 #109645 May 7-Jun 11 Sa 9:00-10:00am
 #109646 May 7-Jun 11 Sa 10:00-11:00am
 #109647 May 7-Jun 11 Sa 11:00am-12:00pm
 #109648 Jun 27-Aug 8 M,W 4:00-5:00pm
 #109649 Jun 27-Aug 8 M,W 5:00-6:00pm
 #109650 Jun 27-Aug 8 M,W 6:00-7:00pm
 #109651 Jun 28-Aug 4 T,Th 4:00-5:00pm

#109652 Jun 28-Aug 4 T,Th 5:00-6:00pm
 #109654 Jun 28-Aug 4 T,Th 6:00-7:00pm
 #109655 Jul 2-Aug 6 Sa 9:00-10:00am
 #109656 Jul 2-Aug 6 Sa 10:00-11:00am
 #109657 Jul 2-Aug 6 Sa 11:00am-12:00pm

Lake Lynn Community Center

#109662 May 3-Jun 9 T,Th 5:00-6:00pm
 #109670 Jun 27-Aug 8 M,W 4:30-5:30pm
 #109666 May 7-Jun 11 Sa 10:00-11:00am
 #109669 May 7-Jun 11 Sa 11:00am-12:00pm
 #109661 May 2-Jun 8 M,W 4:30-5:30pm
 #109676 Jun 28-Aug 4 T,Th 5:00-6:00pm
 #109677 Jul 2-Aug 6 Sa 10:00-11:00am
 #109678 Jul 2-Aug 6 Sa 11:00am-12:00pm

Kentwood Park

#109703 May 2-Jun 8 M,W 5:00-6:00pm
 #109707 May 7-Jun 11 Sa 9:00-10:00am
 #109712 Jun 27-Aug 8 M,W 5:00-6:00pm
 #109713 Jul 2-Aug 6 Sa 9:00-10:00am

Lions Park

#109721 May 3-Jun 9 T,Th 5:00-6:00pm
 #109722 May 7-Jun 11 Sa 9:00-10:00am
 #109723 Jun 28-Aug 4 T,Th 5:00-6:00pm
 #109724 Jul 2-Aug 6 Sa 9:00-10:00am

Biltmore Hills Community Center

#109936 May 3-Jun 9 T,Th 4:30-5:30pm
 #109937 Jun 28-Aug 4 T,Th 4:30-5:30pm

Tennis Jr Level 2

Location: Millbrook Tennis Center
 Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$96

Millbrook Exchange Tennis Center

#109945 May 2-Jun 8 M,W 4:00-5:00pm
 #109946 May 2-Jun 8 M,W 5:00-6:00pm
 #109947 May 3-Jun 9 T,Th 4:00-5:00pm
 #109948 May 3-Jun 9 T,Th 5:00-6:00pm
 #109949 May 7-Jun 11 Sa 9:00-10:00am
 #109950 May 7-Jun 11 Sa 10:00-11:00am
 #109955 Jun 27-Aug 8 M,W 4:00-5:00pm
 #109956 Jun 27-Aug 8 M,W 5:00-6:00pm
 #109957 Jun 28-Aug 4 T,Th 4:00-5:00pm
 #109958 Jun 28-Aug 4 T,Th 5:00-6:00pm
 #109959 Jul 2-Aug 6 Sa 9:00-10:00am
 #109960 Jul 2-Aug 6 Sa 10:00-11:00am

Lake Lynn Community Center

#109971 May 3-Jun 9 T,Th 4:00-5:00pm
 #109979 Jun 28-Aug 4 T,Th 4:00-5:00pm

Tennis Jr Level 3

Location: Millbrook Tennis Center
 Age: 10-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$96

#109984 May 2-Jun 8 M,W 5:00-6:00pm
 #109985 May 3-Jun 9 T,Th 4:00-5:00pm
 #109986 May 7-Jun 11 Sa 11:00am-12:00pm
 #109988 Jun 27-Aug 8 M,W 5:00-6:00pm
 #109989 Jun 28-Aug 4 T,Th 4:00-5:00pm
 #109990 Jul 2-Aug 6 Sa 11:00am-12:00pm

Youth Sports continued next page —

Youth Sports continued

Tennis Jr Level 4

Location: Millbrook Tennis Center
 Age: 12-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$96

#109993	May 3-Jun 9	T,Th	5:00-6:00pm
#109994	May 7-Jun 11	Sa	12:00-1:00pm
#110002	Jun 28-Aug 4	T,Th	5:00-6:00pm
#110003	Jul 2-Aug 6	Sa	12:00-1:00pm

Tennis Jr Match Play

Location: Millbrook Tennis Center
 Age: 8-18yrs. This is match play. Players will be grouped for singles and/or doubles play during this two hour session. Must be able to play full court tennis to sign up for this class. Instruction will be minimal. Matches will be monitored by an on court coach. Class Fee: \$48

#110296	May 6-Jun 10	F	4:00-6:00pm
#110300	Jul 1-Aug 5	F	4:00-6:00pm

Tennis Jr NJTL

Location: Billmore Hills Community Center
 Age: 6-16yrs. Coaching and league play for beginner and low intermediate players. They will learn the strokes, scoring, rules and how to play a match. Practices are Monday and Wednesday 1:30-3:30pm and matches are Tuesday and Thursday 1:30-3:30pm against the other sites. Season ending tournament July 26-29, 12:30-4:00pm. Choose a Park location that works for you. Class Fee: \$45

Billmore Hills

#110499	Jun 13-Jul 28	M-Th	1:30-3:30pm
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Carolina Pines

#110498	Jun 13-Jul 28	M-Th	1:30-3:30pm
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Glen Eden

#110500	Jun 13-Jul 28	M-Th	1:30-3:30pm
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Optimist

#110501	Jun 13-Jul 28	M-Th	1:30-3:30pm
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Worthdale

#110502	Jun 13-Jul 28	M-Th	1:30-3:30pm
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Lake Lynn

#110503	Jun 13-Jul 28	M-Th	1:30-3:30pm
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Millbrook

#110504	Jun 13-Jul 28	M-Th	1:30-3:30pm
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Chavis

#110505	Jun 13-Jul 28	M-Th	1:30-3:30pm
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Tennis Jr Singles Ladder

Location: Millbrook Tennis Center
 Age: 8-18yrs. Competitive singles ladder play for boys and girls at the Bronze and Silver levels. There is a list of the other participants and the ladder rules online. Then, you can start arranging matches with

the other players where you will accumulate points for playing matches. Players may join the ladder anytime. Ladder update every Monday. Class Fee: UseArray

#108640	May 23-Aug 1	Bronze
#108641	May 23-Aug 1	Silver
#108913	Aug 22-Oct 31	Bronze
#108914	Aug 22-Oct 31	Silver

Tennis Jr Tiny Tots

Age: 4-6yrs. Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Class Fee: \$44

Millbrook Tennis Center

#109582	May 2-Jun 8	M,W	4:00-4:30pm
#109583	May 2-Jun 8	M,W	4:30-5:00pm
#109584	May 3-Jun 9	T,Th	5:00-5:30pm
#109585	May 7-Jun 11	Sa	11:00-11:30am
#109586	May 7-Jun 11	Sa	11:30am-12:00pm
#109606	Jun 27-Aug 8	M,W	4:00-4:30pm
#109607	Jun 27-Aug 8	M,W	4:30-5:00pm
#109608	Jun 28-Aug 4	T,Th	5:00-5:30pm
#109609	Jul 2-Aug 6	Sa	11:00-11:30am
#109610	Jul 2-Aug 6	Sa	11:30am-12:00pm

Lake Lynn

#109613	May 2-Jun 8	M,W	5:30-6:00pm
#109614	May 3-Jun 9	T,Th	4:30-5:00pm
#109615	Jun 27-Aug 8	M,W	5:30-6:00pm
#109616	Jun 28-Aug 4	T,Th	4:30-5:00pm

Tennis Jr Tournament Team

Location: Lake Lynn Community Center
 Age: All Ages. Designed for junior tennis players who have learned all shots, this team will workout and train for level 5 futures tournaments with the intention of establishing or improving their state ranking. Players will meet twice a week, to hit a large quantity of balls, work on conditioning, balance, speed and agility. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina Level 5 Futures tournaments. Scholarships are available through the Raleigh Tennis Association. Call for additional details. Class Fee: \$168

#110006	May 3-Jun 16	T,Th	7:00-8:30pm
#110007	Jun 28-Aug 4	T,Th	7:00-8:30pm

Tennis Summer Break Tennis

Location: Millbrook Tennis Center
 Age: 6-18yrs. Summer Break tennis instruction and play for juniors of all levels. Players will be placed on the court of their ability. The week finishes with match play on Friday. Players with no experience will learn how to play matches. Players with experience will learn how to play more competitive matches. Class meets indoors on rainy days for physical and mental training. Class Fee: \$90

#109337	Jun 13-17	M-F	9:00am-12:00pm
#109338	Jun 20-24	M-F	9:00am-12:00pm
#109339	Jun 27-Jul 1	M-F	9:00am-12:00pm
#109341	Jul 11-15	M-F	9:00am-12:00pm

#109342	Jul 18-22	M-F	9:00am-12:00pm
#109343	Jul 25-29	M-F	9:00am-12:00pm
#109344	Aug 1-5	M-F	9:00am-12:00pm
#109345	Aug 8-12	M-F	9:00am-12:00pm

Tennis USTA Jr. Team Tennis

Location: Non-City Owned Site
 Age: 6-8yrs. Come to try outs Tuesday, May 17 or Wednesday, May 18, 4:30pm at Millbrook Exchange Tennis Center to be placed on a team. Practices run Monday and Wednesday 1:30-3:30pm and matches are Tuesday and Thursday 1:30-3:30pm starting June 13. Players must also pay USTA annual membership(\$19) and local league fee (\$22). Fees include a team shirt, Smash Tennis Magazine, access to tournaments and a first time tournament fee voucher. Class Fee: \$55

#110013	Jun 13-Aug 1	QuickStart 8U Beginner
#110014	Jun 13-Aug 1	QuickStart 10U Beginner
#110016	Jun 13-Aug 1	QuickStart 10U Advanced
#110012	Jun 13-Aug 1	JTT 12U Bronze
#110023	Jun 13-Aug 1	JTT 14U Bronze
#110022	Jun 13-Aug 1	JTT 14U Silver
#110020	Jun 13-Aug 1	JTT 18U Silver
#110018	Jun 13-Aug 1	JTT 18U Gold
#110024	Jun 13-Aug 29	JTT 18U Top 80 Ranking

Youth All Sports Week

Location: Lions Park Community Center
 Age: 7-13yrs. Certified coaches will teach the fundamental drills for the sports Baseball/ Softball, Basketball and Football. Your child will also get a workout through conditioning and exercising. Please join us this summer for an exciting week of sports, activities and endurance! Class Fee: \$25

#109211	Jul 11	M	6:30-8:00pm
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Teen**Summer Hoops**

Location: Roberts Park Community Center
 Age: 12-13yrs. A basketball League for boys. This is an excellent opportunity to improve skills, develop sportsmanship and participate in a safe, friendly and competitive environment. Players may not turn 14 prior to August 31, 2011. Class Fee: \$30

#109671	Jun 13-Aug 22	M	6:30-9:00pm
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Adult**Badminton Open Play**

Location: Optimist Community Center
 Age: All Ages. Learn to play and practice badminton. All ability levels welcome. Equipment is provided. Sessions will not be held on May 30 and July 4, 2011. Class Fee: \$0

#110448	May 2-Aug 31	M,W	7:00-9:00pm
#110449	May 5-Jun 9	Th	10:30am-12:30pm
#110456	Aug 18-25	Th	10:30am-12:30pm

Health is a state of complete physical, mental and social well-being... World Health Organization

Biltmore Hills Dodge Ball Tournament

Location: Biltmore Hills Community Center
Age: 18-99yrs. This is a one day dodge ball competition to see if you can dodge a ball as well as you can dodge the summer heat!
Class Fee: \$50
#109157 Jul 23 Sa 9:00am-3:00pm

Open Gym – Tarboro Road

Location: Tarboro Road Community Center
Age: 16yrs and up. Adult basketball players can come out and participate in a few friendly pick-up games of basketball. Call for weekend schedule 831-6505. Class Fee: \$0
#109747 May 5-26 Th 6:30-8:45pm
#109748 Jun 2-30 Th 6:30-8:45pm
#109749 Jul 7-28 Th 6:30-8:45pm
#109750 Aug 4-25 Th 6:30-8:45pm

Table Tennis Brier Creek

Location: Brier Creek Community Center
Age: 18yrs and up. Come and join Friday evenings of fun and competition playing table tennis. All levels and ages welcome and encouraged to play. USATT affiliated tournaments held through out the year. Daily visit cost \$4. Multi-day passes sold. Instructor: Jim McQueen. Class Fee: \$4

Teen 4-on-4 Basketball

Location: Roberts Park Community Center
Age: 15-17yrs. It's not traditional but it as much fun. If you don't have a problem playing the game minus one player, this may add a little competition to your life. The game is played the same as traditional basketball. The court is smaller. The game is the same. Games are played full court and officiated by two officials. Teams may have no less than 6 players and no more than 9. Only 6 teams accepted. Class Fee: \$10
#110266 Aug 4-Sep 22 Th 6:30-9:00pm

Tennis Adult Cardio – All Levels

Location: Millbrook Tennis Center
Age: 18yrs and up. Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Class Fee: \$48
#110495 May 3-Jun 7 T 9:00-10:00am
#110496 May 5-Jun 9 Th 9:00-10:00am
#110497 May 6-Jun 17 F 9:00-10:00am
#110492 Jun 28-Aug 2 T 9:00-10:00am
#110493 Jun 30-Aug 4 Th 9:00-10:00am
#110494 Jul 1-Aug 5 F 9:00-10:00am

Tennis Adult Doubles Ladder

Location: Millbrook Tennis Center
Age: 18yrs and up. Recreational Doubles ladder play for all adult levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with

a season ending tournament for the top 16 players. Class Fee: UseArray
#108642 May 16-Aug 8 **Women's 3.5 Doubles**
#108643 May 16-Aug 8 **Women's 4.0 Doubles**

Tennis Adult Level 1

Location: Millbrook Tennis Center
Age: 18yrs and up. No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Rain outs will be made up at the end. Class Fee: \$96

Millbrook Exchange Tennis Center

#110332	May 2-Jun 8	M,W	10:00-11:00am
#110344	May 2-Jun 8	M,W	6:00-7:00pm
#110345	May 2-Jun 8	M,W	7:00-8:00pm
#110347	May 3-Jun 9	T,Th	11:00am-12:00pm
#110348	May 3-Jun 9	T,Th	7:00-8:00pm
#110349	May 7-Jun 11	Sa	9:00-10:00am
#110350	Jun 27-Aug 8	M,W	10:00-11:00am
#110355	Jun 27-Aug 8	M,W	6:00-7:00pm
#110361	Jun 27-Aug 8	M,W	7:00-8:00pm
#110362	Jun 28-Aug 4	T,Th	11:00am-12:00pm
#110364	Jun 28-Aug 4	T,Th	7:00-8:00pm
#110365	Jul 2-Aug 6	Sa	9:00-10:00am

Lake Lynn

#110379	May 2-Jun 8	M,W	6:00-7:00pm
#110385	May 7-Jun 11	Sa	9:00-10:00am
#110387	Jun 27-Aug 8	M,W	6:00-7:00pm
#110427	Jul 2-Aug 6	Sa	9:00-10:00am

Kentwood

#110428	May 2-Jun 8	M,W	6:00-7:00pm
#110431	May 7-Jun 11	Sa	10:00-11:00am
#110432	Jun 27-Aug 8	M,W	6:00-7:00pm
#110433	Jul 2-Aug 6	Sa	10:00-11:00am

Lions Park Community Center

#110434	May 3-Jun 9	T,Th	6:00-7:00pm
#110435	May 7-Jun 11	Sa	10:00-11:00am
#110436	Jun 28-Aug 4	T,Th	6:00-7:00pm
#110437	Jul 2-Aug 6	Sa	10:00-11:00am

Biltmore Hills Community Center

#110438	May 3-Jun 9	T,Th	5:30-6:30pm
#110439	Jun 28-Aug 4	T,Th	5:30-6:30pm

Tennis Adult Level 2.0/2.5 Drills

Location: Millbrook Tennis Center
Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. Class Fee: \$96

Millbrook Exchange Tennis Center

#110443	May 2-Jun 8	M,W	11:00am-12:00pm
#110444	May 2-Jun 8	M,W	6:00-7:00pm
#110445	May 3-Jun 9	T,Th	10:00-11:00am
#110446	May 3-Jun 9	T,Th	7:00-8:00pm
#110447	May 7-Jun 11	Sa	10:00-11:00am
#110450	Jun 27-Aug 8	M,W	11:00am-12:00pm
#110451	Jun 27-Aug 8	M,W	6:00-7:00pm
#110457	Jun 28-Aug 4	T,Th	10:00-11:00am
#110460	Jun 28-Aug 4	T,Th	7:00-8:00pm
#110461	Jul 2-Aug 6	Sa	10:00-11:00am

Lake Lynn Community Center

#110462	May 3-Jun 9	T,Th	6:00-7:00pm
#110463	Jun 28-Aug 4	T,Th	6:00-7:00pm

Tennis Adult Level 3.0 Drills

Location: Millbrook Tennis Center
Age: 18yrs and up. Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and underspin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve. Class Fee: \$96
Millbrook Exchange Tennis Center
#110468 May 2-Jun 8 M,W 7:00-8:00pm
#110469 May 3-Jun 9 T,Th 6:00-7:00pm
#110470 May 7-Jun 11 Sa 11:00am-12:00pm
#110472 Jun 27-Aug 8 M,W 7:00-8:00pm
#110476 Jun 28-Aug 4 T,Th 6:00-7:00pm
#110477 Jul 2-Aug 6 Sa 11:00am-12:00pm

Tennis Adult Level 3.5 Drills

Location: Millbrook Tennis Center
Age: 18yrs and up. Requirements: Must be at the NTRP 3.5 level or be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This is a drills class which will work on all of your strokes. To graduate from this class, matches must be at the 4.0 level. Class Fee: \$96

Lions Park Community Center

#110480	May 3-Jun 9	T,Th	6:00-7:00pm
#110481	May 7-Jun 11	Sa	12:00-1:00pm
#110482	Jun 28-Aug 4	T,Th	6:00-7:00pm
#110483	Jul 2-Aug 6	Sa	12:00-1:00pm

Tennis Adult Level 4.0/4.5 Drills

Location: Millbrook Tennis Center
Age: 18yrs and up. Must be at the NTRP 4.0 level or higher or able to hit topspin and underspin during matches, this is a drill class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Class Fee: \$96
#110485 May 2-Jun 8 M,W 7:00-8:00pm
#110486 Jun 27-Aug 8 M,W 7:00-8:00pm

Tennis Adult Singles Ladder

Location: Millbrook Tennis Center
Age: 18yrs and up. Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. The ladder finishes with a season ending tournament. Class Fee: UseArray
#108540 May 23-Aug 1 **Men's 3.0**
#108541 May 23-Aug 1 **Men's 3.5**
#108542 May 23-Aug 1 **Men's 4.0**
#108543 May 23-Aug 1 **Men's 4.5**
#108545 May 23-Aug 1 **Women's 2.5**
#108546 May 23-Aug 1 **Women's 3.0**
#108547 May 23-Aug 1 **Women's 3.5**
#108548 May 23-Aug 1 **Women's 4.0**
#108544 May 23-Aug 8 **Coed Open**
#108907 Aug 22-Nov 7 **Coed Open**

Tennis Adult Singles Ladder continued next page —

Tennis Adult Singles Ladder continued

#108903	Aug 22-Oct 31	Men's 3.0
#108904	Aug 22-Oct 31	Men's 3.5
#108905	Aug 22-Oct 31	Men's 4.0
#108906	Aug 22-Oct 31	Men's 4.5
#108908	Aug 22-Oct 31	Women's 2.5
#108909	Aug 22-Oct 31	Women's 3.0
#108910	Aug 22-Oct 31	Women's 3.5
#108911	Aug 22-Oct 31	Women's 4.0

Tennis Adult World Team Tennis

Location: Millbrook Tennis Center
 Age: 18yrs and up. WTT is co-ed teams competing in a format of 6 no-ad sets. (One set each of men's and women's doubles, men's and women's singles, and ending with 2 sets of mixed doubles.) Total games won from all sets determine the winner. Substitutions and coaching are allowed during the match. Class Fee: \$75
 #110489 May 2-Jul 4

Tennis Women's Morning Quadrants

Location: Millbrook Tennis Center
 Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be courts of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week. Class Fee: \$35
 #110488 May 25-Aug 3 W 9:00-11:00am

Volleyball – Coed BB

Location: Roberts Park Community Center
 Age: 18-55yrs. A Fall Coed 'BB' Volleyball League. A high level of competition. If you enjoy team work, setting, spiking and blocking this may be the sport for you. Class Fee: \$250
 #110104 Sep 13-Nov 1 T 6:30-9:00pm

Volleyball Open Play

Location: Millbrook Exchange Community Ctr
 Age: All Ages. Bring your friends and practice your volleyball skills during open play at Millbrook Exchange Community Center. Play will be held from 2:00-5:00pm on Sundays and Tuesday and Thursday nights from 6:30-8:30pm. Two courts available if attendance warrants. No Charge. Players must sign in at front desk each visit. Class Fee: \$0
 #110338 Jun 2-Jul 28 T,Th,Su 6:30-8:30pm

Senior

Fun Golfers

Location: Frank E. Evans Administrative Bldg.
 Age: 55yrs and up. Senior Adult League for men and women. League features monthly tournaments, special outings and more. Play is held at Wil-Mar Golf Club, off US #64 East. \$45 fee covers membership for one year. League play April-November. To register for this program you will need to contact Steve White at 831-6851. Class Fee: \$0
 #110268 May-Aug T-W 9:00am-1:30pm

Horseshoes

Location: Non-City Owned Site
 Age: 50yrs and up. Practice your horseshoe skills with other adults. Equipment is provided. This activity takes place at Athens Drive High School every Tuesday and Saturday weather permitting. Call 831-6851 for more information. Class Fee: \$0
 #110274 May 3-Sep 3 T,Sa 9:00-10:30am

Shuffleboard

Location: Non-City Owned Site
 Age: 50yrs and up. Practice and play shuffleboard with other adults. Equipment is provided. This activity takes place at Athens Drive High School every Tuesday and Saturday weather permitting. Call 831-6851 for more information. Class Fee: \$0
 #110319 May 3-Aug 27 T,Sa 9:00am-12:00pm

Tennis – Free Play For Seniors

Location: Millbrook Tennis Center
 Age: 55yrs and up. Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play. Class Fee: \$0
 #110491 May 2-Aug 25 M,Th 9:00am-12:00pm

Family

Celebrity**3-on-3 Basketball Tournament**

Location: Sgt. Courtney T. Johnson Center
 Age: 9-11yrs. Come spend the day with local celebrities and witness some of the best basketball players in Raleigh battle it out on the hardtop! This day will have live entertainment, displays, vendors and food for the entire family. \$30 per team. Class Fee: \$30

#110517	May 7	Sa	11:00am-6:00pm
#110518	May 7	Sa	11:00am-6:00pm
#110519	May 7	Sa	11:00am-6:00pm

Community Kickball Game

Location: Biltmore Hills Community Center
 Age: All Ages. Kickball is a childhood classic sport that everyone loves to play. Come out to Biltmore Hills and compete with your neighbors. This will be FREE for ALL AGES! Class Fee: \$0
 #109159 Jul 9 Sa 10:00am-1:00pm



Raleigh Parks and Recreation Department - Account and Program Registration Form

☐ Raleigh Resident!

☐ Non Resident! *Add \$10 to class fee and \$12 to youth athletic fees. Non-Resident fees do not apply to Specialized Recreation Programs)

Participant Last Name _____ Participant's First Name _____ Participant's Birthdate _____

Parent's Last Name _____ First Name _____

Mailing Address _____
City _____ **State** _____ **Zip** _____

Telephone _____
Business Phone _____
Email Address _____

Emergency Contact Name _____
Emergency Contact Phone Number _____

Pictures or video may be taken of participants for use in program publicity. ☐ Please check, if you do not concur.

Registration Account Information: ☐ Create a New Account ☐ Update my Account ☐ Add me to the Mailing list ☐ Remove me from the Mailing list ☐ Please send me my Family PIN and Client Barcode

Program Registration Information – Please make copies for multiple participants or locations. Please use this form for registration, and mail to the facility where the class is held.

[illegible]


*Non-City of Raleigh Residence Fee (per class) \$

I would like to make a donation to support a child's participation in Raleigh Parks and Recreation Program (specify amount) \$

Form of Payment (please check)	Check #	Money Order	Credit Card (Complete Credit Card Information block below)	Total \$
<input type="radio"/>		<input type="radio"/>	<input type="radio"/>	

The Raleigh Parks and Recreation Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and will provide reasonable accommodations to facilitate program participation. To help us plan and provide for possible accommodations, please register at least 2 weeks prior to the program start date.

Credit Card Information – must be complete for all credit transactions

 **VISA** ☐ **VISA** ☐ **Mastercard** ☐ **American Express**

Please describe the participant's condition, disability or special need here (optional)

Refund Policy

- Billing Address for card _____

Card # _____

Signature _____ Date _____

• 100% refund/credit/transfer if Department cancels program or facility rental.

• All refund requests received in writing at least 14 or more days in advance of the start date of a program/rental/team placement are entitled to either:

 - a) 100% transfer/credit of fees to another RPRD program at time of withdrawal b) 85% refund based on total cost of a program/rental.
 - Refund/credit/transfer requests received less than 14 days prior to start date of a program/rental/team placement will not be granted.
 - Refunds for medical reasons requested prior to the start date of program/rental/team placement will be granted at 100% subject to verification.
 - Outdoor facility usage cancelled due to inclement weather may be rescheduled pending space availability.
 - A transfer must be requested at the time of withdrawal.
 - A credit may be used by any family member on the same registration account.

Non-Discrimination Policy The City of Raleigh Parks and Recreation Department does not discriminate on the basis of race, color, national origin, sex, religion, age, sexual orientation or disability in employment opportunities or the provision of services, programs or activities. A participant alleging discrimination on the basis of any of the aforementioned areas may file a complaint with either the Director of the Raleigh Parks and Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240.

City of Raleigh Release and Indemnity Agreement I understand that participating in the recreational program selected involves risk of injury. These risks include inclement weather, accidents while traveling, equipment problems or injuries, contacts with and actions of other participants, slips/trips/falls and musculoskeletal injuries among others. I choose for myself or my child to participate in the selected programs despite the risks that may be associated with participating in the program.

[illegible][illegible]

Participant Signature _____ Date of Signature _____

Participant Signature _____ Date of Signature _____

Registration Date: _____ Mail-in, Walk-in, and Reelink registration begins **March 29, 2011**

Signature of parent/legal guardian if child is under 18

Mark Your Calendar for March 29



Three Easy Ways to Register

You can register for
Raleigh Parks and Recreation programs and classes through
any of our three convenient registration options.

For a full listing of programs and classes, visit parks.raleighnc.gov or pick up a Leisure Ledger program guide at any parks and recreation facility.



mail-in

Send registration form
and payment to:
Raleigh Parks and
Recreation Department
Attn: Recreation
Business Office
Pullen Arts Center
105 Pullen Road
Raleigh, NC 27607



walk-in

Bring your completed
registration form and
payment to one of our
staffed Recreation
sites during regular
business hours



online with RecLink

Visit Reclink.raleighnc.gov



The following facilities can process Mail-in and Walk-in registrations

Mail-in registration for programs not held in one of the listed facilities may be sent to:

Raleigh Parks and Recreation Department

Attn: Recreation Business Office, Pullen Arts Center, 105 Pullen Road, Raleigh NC 27607

Art Centers

Pullen Arts Center
105 Pullen Road 27607 996-6126
Sertoma Arts Center
1400 W. Millbrook Road 27612 420-2329

Lakes

Lake Johnson
4601 Avenet Ferry Road 27606 233-2121
Lake Wheeler
6404 Lake Wheeler Road 27603 662-5704

Special Facilities

Durant Nature Park
8305 Durant Road 27614 870-2871
Millbrook Tennis Center
1905 B Spring Forest Road 27615 872-4129
Pullen Amusements
520 Ashe Avenue 27606 831-6468
Walnut Creek Softball Complex
1201 Sunnybrook Road 27610 250-2725

Staffed Community Centers

Barwell Road
3935 Barwell Road 27610 329-5994
Brier Creek
10810 Globe Road 27617 420-2340
Biltmore Hills
2615 Fitzgerald Drive 27610 831-6895
Carolina Pines
2305 Lake Wheeler Road 27603 831-6435
Chavis
505 MLK Jr. Boulevard 27601 831-6989
Green Road
4201 Green Road 27604 872-4140
Halifax
1015 Halifax Street 27604 831-6378
Jaycee
2405 Wade Avenue 27607 831-6833
Lake Lynn
7921 Ray Road 27613 870-2911
Laurel Hills
3808 Edwards Mill Road 27612 420-2383
Lions
516 Dennis Avenue 27604 831-6995
Marsh Creek
3050 New Hope Road, 27604 996-4920

Millbrook Exchange

1905 Spring Forest Road 27615 872-4156
Method
514 Method Road 27607 831-6066
Optimist
5900 Whittier Drive 27609 870-2880
Peach Road Neighborhood Center
911 Ileagnes Road 27603 807-8545
Pullen Community Center
408 Ashe Avenue 27606 831-6052
Ralph Campbell
756 Lunar Drive 27610 250-2757
Roberts
1300 E. Martin Street 27610 831-6830
Tarboro Road
121 N. Tarboro Road 27610 831-6505
Walnut Terrace
111 W. Lee Street 27601 831-6155
Worthdale
1001 Cooper Road 27610 250-2730

Swimming Pools

Optimist Pool
5902 Whittier Drive 27609 870-2882
Pullen Aquatic Center
410 Ashe Avenue 27606 831-6197

Registering online with Reclink

If you would like to take advantage of online registration and are new to Reclink, follow the instructions below to receive your Family PIN and Client Barcode:

Create a
New Account

Never Registered

for a Raleigh Parks and Recreation class or program

Please complete our **Account Request Form** available on Reclink.

We will create your account and provide you with your Client Barcode and Family PIN.

Please note that this process is not immediate.

Existing Raleigh Parks and
Recreation Customer
Click Here

Existing

Raleigh Parks and Recreation customer, but forgot your barcode and pin

Simply visit Reclink and click on the link **Existing customer, but forgot your barcode and pin.**

A prompt will allow you to enter the e-mail address we have listed with your account.

and your Family PIN and Client Barcode will be e-mailed to you immediately.

Update My
Account

Update

information on your account

Simply complete an Account Request Form on Reclink and select the **Update my account** option. Please note that this is not an automated system.

Questions or Comments? E-mail us at Reclinksupport@Raleighnc.gov, or call Reclink Support at (919) 807-8460.

Facilities Listing for Map

Art Centers

1 Pullen Arts Center	•L
105 Pullen Road 27607	996-6126
2 Sertoma Arts Center	•L
1400 W. Millbrook Road 27612	420-2329

Lakes

3 Lake Benson	OPQ
Buffaloe Road, Garner 27529	662-5703
4 Lake Johnson	•MNOPQ
4601 Avert Ferry Road 27606	233-2121
5 Lake Wheeler	EJMOPQ
6404 Lake Wheeler Road 27603	662-5704
2 Shelley Lake	EGJNOPQ
1400 W. Millbrook Road 27612	420-2331

Special Facilities

6 All Childrens Playground/Laurel Hills Park	•BEG
3808 Edwards Mill Road 27612	420-2383
7 Anderson Point Park	•EMKN
20 Anderson Point Drive 27610	329-5994
8 Baileywick Road Park	•BEM
9501 Baileywick Road 27615	870-2911
9 Borden Building/Fletcher Park	GMV
820 Clay Street 27605	831-6430
10 Brookhaven Nature Park	•K
5125 Berkeley Street 27612	831-6856
11 Buffaloe Road Athletic Park	BEW
5812 Buffaloe Road 27616	831-6836
29 Carolina Pines Off-Leash Dog Park	U
2305 Lake Wheeler Road 27603	831-6435
12 Cedar Hills Park	•BCEFGHM
5600 Sweetbriar Street 27609	870-2880
54 Honeycutt Park	BEGRMN
1032 Clear Creek Farm Road 27615	872-4156
13 Durant Nature Park	•EKMOQ
8305 Camp Durant Road 27614	870-2871
14 Kentwood Park	BCEH
4531 Kaplan Drive 27606	
16 Method Pioneer Building	•
516 Method Road 27607	831-6066
17 Millbrook Exchange Off Leash Dog Park	U
1905 Spring Forest Road 27615	872-4156
17 Millbrook Tennis Center	•C
1905 B Spring Forest Road 27615	872-4129
18 Mordecai Historic Park	V
1 Mimosa Street 27604	857-4364
19 North Hills Park	BCEMN
100 Chowan Circle 27609	870-2880
20 Oakwood Park	BMG
910 Brookside Drive 27604	831-6995
1 Pullen Amusements	•CEMOP
520 Ashe Avenue 27606	831-6468
21 Raleigh Little Theatre/Rose Garden	•V
301 Pogue Street 27607	821-4579
41 Saint Monica Teen Center	
15 North Tarboro Street 27610	996-4770
22 Spring Forest Road Park	BCEGMN
4203 Spring Forest Road 27616	872-4140
1 Theatre In The Park	•
107 Pullen Road 27607	831-6936
23 Tucker House	•
418 N. Person Street 27601	831-6009

24 Walnut Creek Softball Complex	•B
1201 Sunnybrook Road 27610	250-2725
56 Walnut Creek Wetland Center	•
950 Peterson Street 27610	831-1960
25 Williams Park	CEMR
1525 Lynn Road	420-2329
Moore Square	
200 South Blount Street 27601	832-1231
Nash Square	
201 South Dawson Street 27601	832-1231

Staffed Community Centers

26 Biltmore Hills	•ABCDEGM
2615 Fitzgerald Drive 27610	831-6895
27 Barwell Road	A•
3935 Barwell Road 27610	329-5994
28 Brier Creek	AEGMW•
10810 Globe Road 27617	420-2340
29 Carolina Pines	•ABCE
2305 Lake Wheeler Road 27603	831-6435
30 Chavis	•ABCDEMNW
505 MLK Jr. Boulevard 27601	831-6989
31 Green Road	•ABEGMRC
4201 Green Road 27604	872-4140
50 John P. "Top" Greene Center	•
401 Martin Luther King Jr. Blvd. 27601	831-6527
55 Greystone Recreation Center	•E
7713-55 Lead Mine Road 27615	996-4848
32 Halifax	AEG
1015 Halifax Street 27604	831-6378
33 Jaycee	•ABCEJMRV
2405 Wade Avenue 27607	831-6833
34 Lake Lynn	•ABCNOE
7921 Ray Road 27613	870-2911
6 Laurel Hills	•ABEGM
3808 Edwards Mill Road 27612	420-2383
35 Lions	•ABCEGMS
516 Dennis Avenue 27604	831-6995
15 Marsh Creek	•ABEMTY
3050 New Hope Road, 27604	996-4920
Event Information Line	996-4921
17 Millbrook Exchange	•ABCDEGJMN
1905 Spring Forest Road 27615	872-4156
16 Method	•AEG
514 Method Road 27607	831-6066
36 Optimist	•ABCDEN
5900 Whittier Drive 27609	870-2880
37 Peach Road Neighborhood Center	•EG
911 Ileagnes Road 27603	807-8545
1 Pullen Community Center	•
408 Ashe Avenue 27606	831-6052
38 Ralph Campbell	•G
756 Lunar Drive 27610	250-2757
39 Roberts	•ABCEGLM
1300 E. Martin Street 27610	831-6830
53 Sanderford Road	•BCEG
2623 Sanderford Road 27610	831-1898
40 Sgt. Courtney T. Johnson Center	•EGM
1801 Proctor Road 27610	831-6719
41 Tarboro Road	•ACEM
121 N. Tarboro Road 27610	831-6505
42 Walnut Terrace	•
111 W. Lee Street 27601	831-6155

43 Worthdale	•AFCE
1001 Cooper Road 27610	250-2730

Swimming Pools

26 Biltmore Pool *	•
701 Crown Crossing Lane 27529	831-6736
30 Chavis Pool *	•
501 MLK Jr. Boulevard 27601	831-6565
44 Lake Johnson Pool *	•
1416 Athens Drive 27606	233-2111
45 Longview Pool *	•
321 Bertie Drive 27610	831-6343
17 Millbrook Pool (year-round)	•
1905 Spring Forest Road 27615	872-4130
36 Optimist Pool *	•
5902 Whittier Drive 27609	870-2882
1 Pullen Aquatic Center (year-round)	•
410 Ashe Avenue 27606	831-6197
46 Ridge Road Pool *	•
1709 Ridge Road 27607	420-2322

Unstaffed Neighborhood Centers *

47 Brentwood c/o Green Road	•BCEGM
3315 Vinson Court 27604	872-4140
48 Eastgate c/o Millbrook	•CE
4200 Quail Hollow Drive 27609	872-4156
9 Garriss Building c/o Jaycee	•CM
820 Clay Street 27605	831-6833
49 Glen Eden Pilot c/o Jaycee	•CM
1500 Glen Eden Drive 27612	831-6833
51 Kiwanis c/o Optimist	•BEGM
2525 Noble Road 27608	870-2880
52 Powell Drive c/o Method	•CEG
740 Powell Drive 27606	831-6066

* Inquiries and mail for unstaffed centers should be sent to c/o site.

Legend

A	Gymnasiums
B	Lighted Ballfield(s)
C	Tennis Courts
D	Pool
E	Play Equipment
F	Mini Park
G	Outdoor Basketball
H	Frisbee Golf
J	Exercise Trail
K	Nature Study
L	Arts
M	Picnic Shelter
N	Greenway Trail
O	Lake
P	Boat Rental
Q	Fishing
R	Sand Volleyball
S	BMX Track
T	Inline Skating
U	Dog Park
V	Gardens
W	Walking Track
Y	Skate Park
•	Handicap Accessible

* Seasonal pools – phone lines staffed at these pools only during seasonal hours of operation.

Facilities Map

#

Park Facilities

Highways

Major Roads

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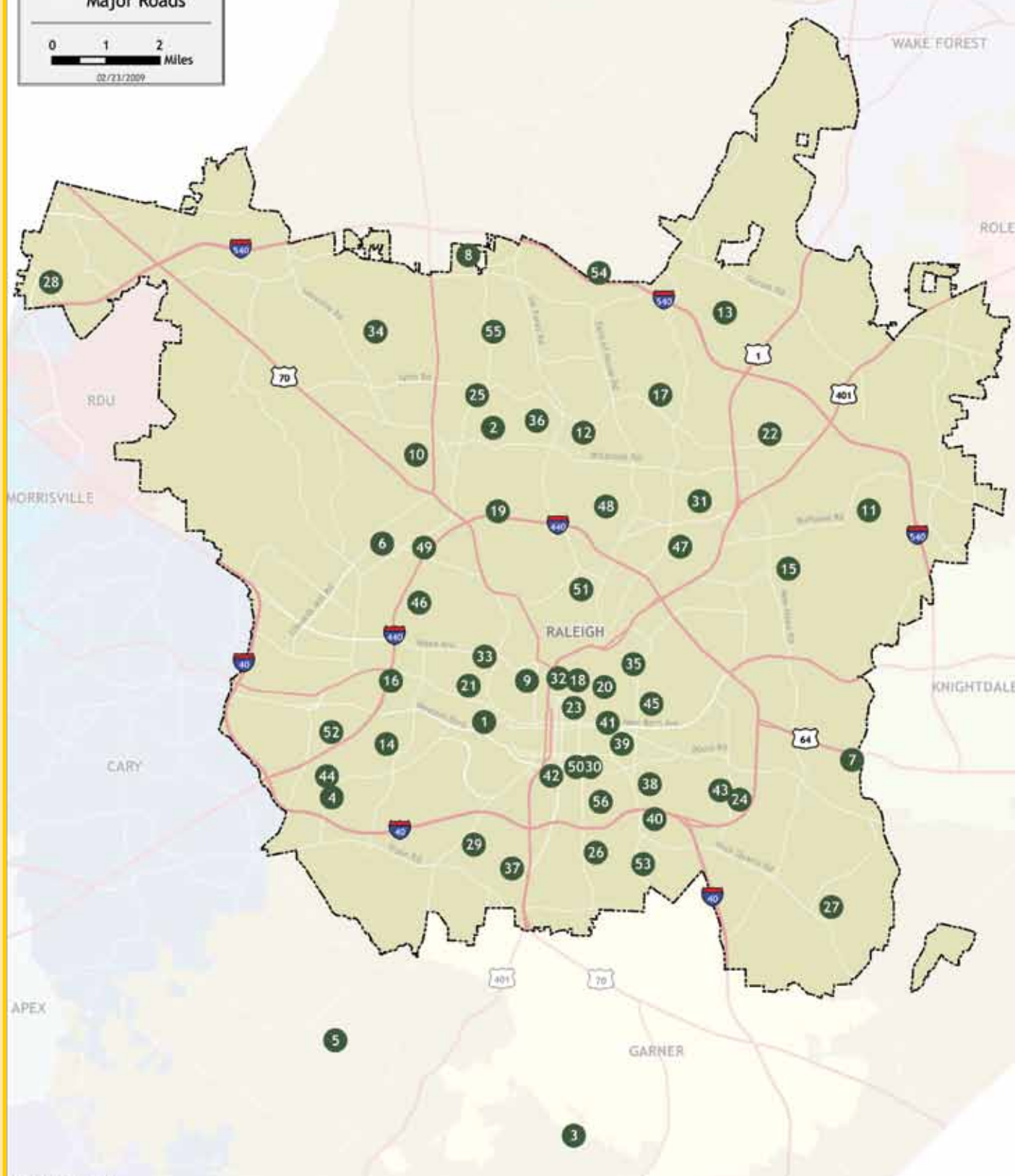
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Miles

02/13/2009





City of Raleigh
Parks and Recreation
P.O. Box 590
Raleigh, NC 27602
P&R 6501

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